Welcome to the Illinois Safe Routes to School Training Workshop

Developed by the National Center for Safe Routes to School

What is Safe Routes to School?

SAFETEA-LU/Federal $

$30 Million 2005-2010
$7+ Million 2010 cycle

Funds infrastructure and non-infrastructure

100% funding
(no local match)

Safe Routes Goals

Encourage and enable students, including those with disabilities, to walk or bike to school.

Where it's not safe to walk or bike, make it safe!

The need for Safe Routes to School

1. Fewer kids today walk and bike to school
1. Unintended consequences have resulted
2. SRTS programs are part of the solution

Fewer kids are biking and walking. More parents are driving.

2001:
16% walked

1969:
42% walked

(CDC, 2005)

Parents driving their children to school account for 20%-25% of morning rush hour traffic.

(NHTSA 2003; Dept. of Environment)

What caused the shift?

School siting issues: Then vs. Now

Small (average of 127 students)

Located in community centers

42% of kids walked or biked to school

Mega-schools (average 653 students)

40% of high schools have attendance of 1500+ students

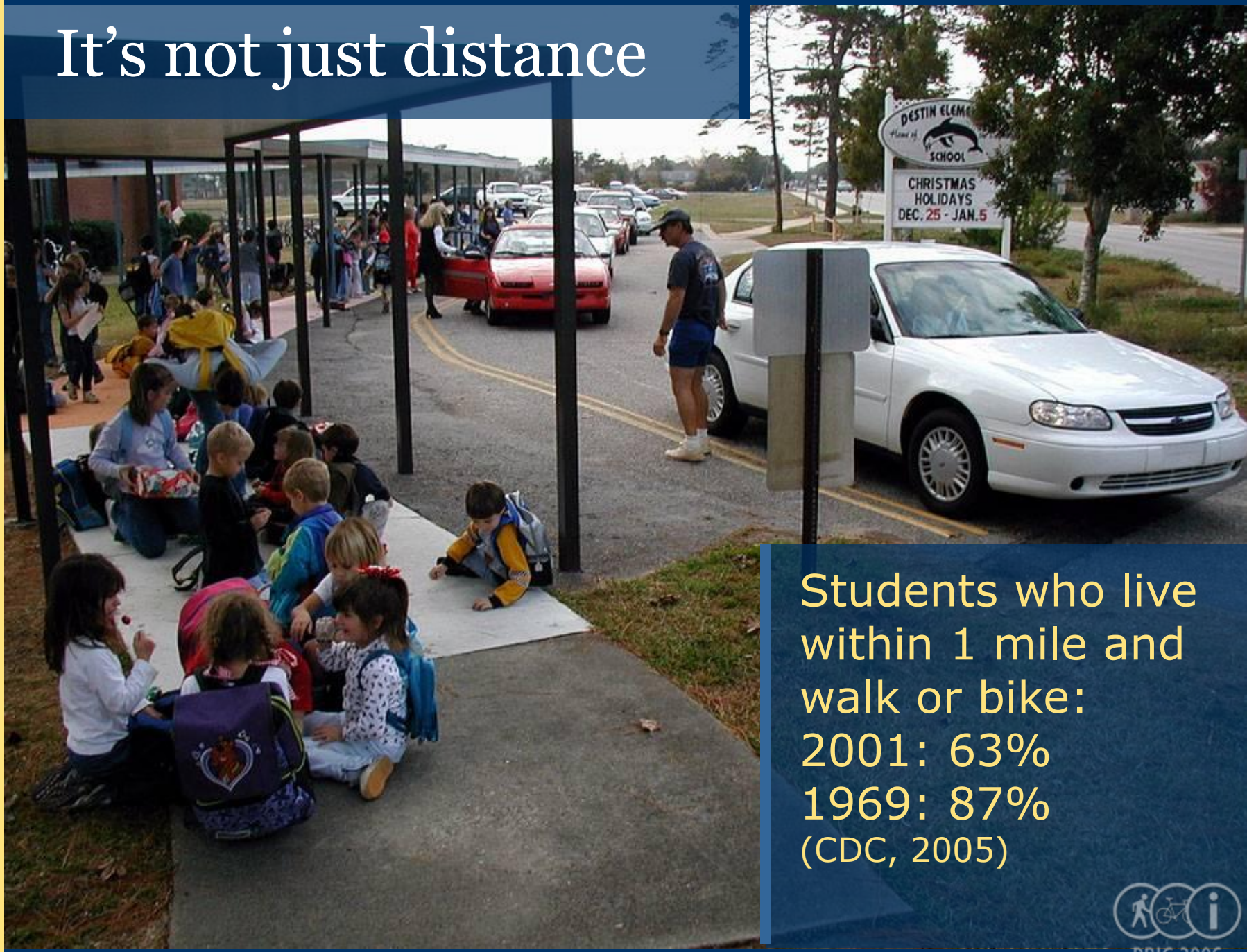
Schools located on 10 to 30+ acres fringe land (lowest cost construction)

School Consolidation has lengthened the trip between home and school.

(U.S. Department of Education, 2002)

(EPA, 2003; 1969 Nationwide Personal Transportation Survey)

It's not just distance



Students who live within 1 mile and walk or bike:
2001: 63%
1969: 87%
(CDC, 2005)

Most common barriers to walking and bicycling to school

- Long distances 62%
- Traffic danger 30%
- Adverse weather 19%
- Fear of crime danger 12%

Note: sum of percentages is greater than 100 because respondents could select more than one answer

(CDC, 2005)

Individual Community Issues

What are the consequences of less walking and bicycling?

- For the environment
- For our children's health

1996 Summer Olympic Games banned single occupant cars in downtown Atlanta

Results of the Ban

Morning traffic – down 23%

Peak ozone – down 28%

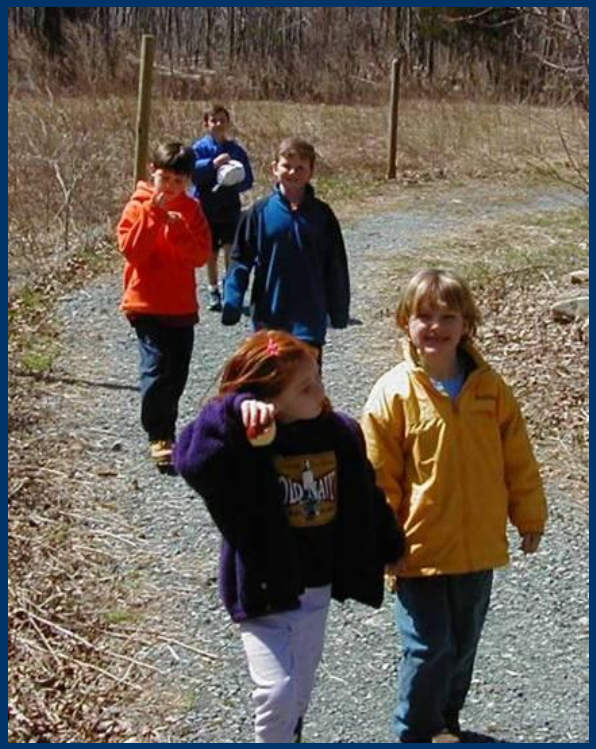
Asthma-related events for kids – down 42%

(*Journal of the American Medical Association* [*JAMA*], 2001)

Air Quality is measurably better around schools with more walkers and cyclists (EPA, 2003)

Physical activity

Most kids aren't getting the physical activity they need

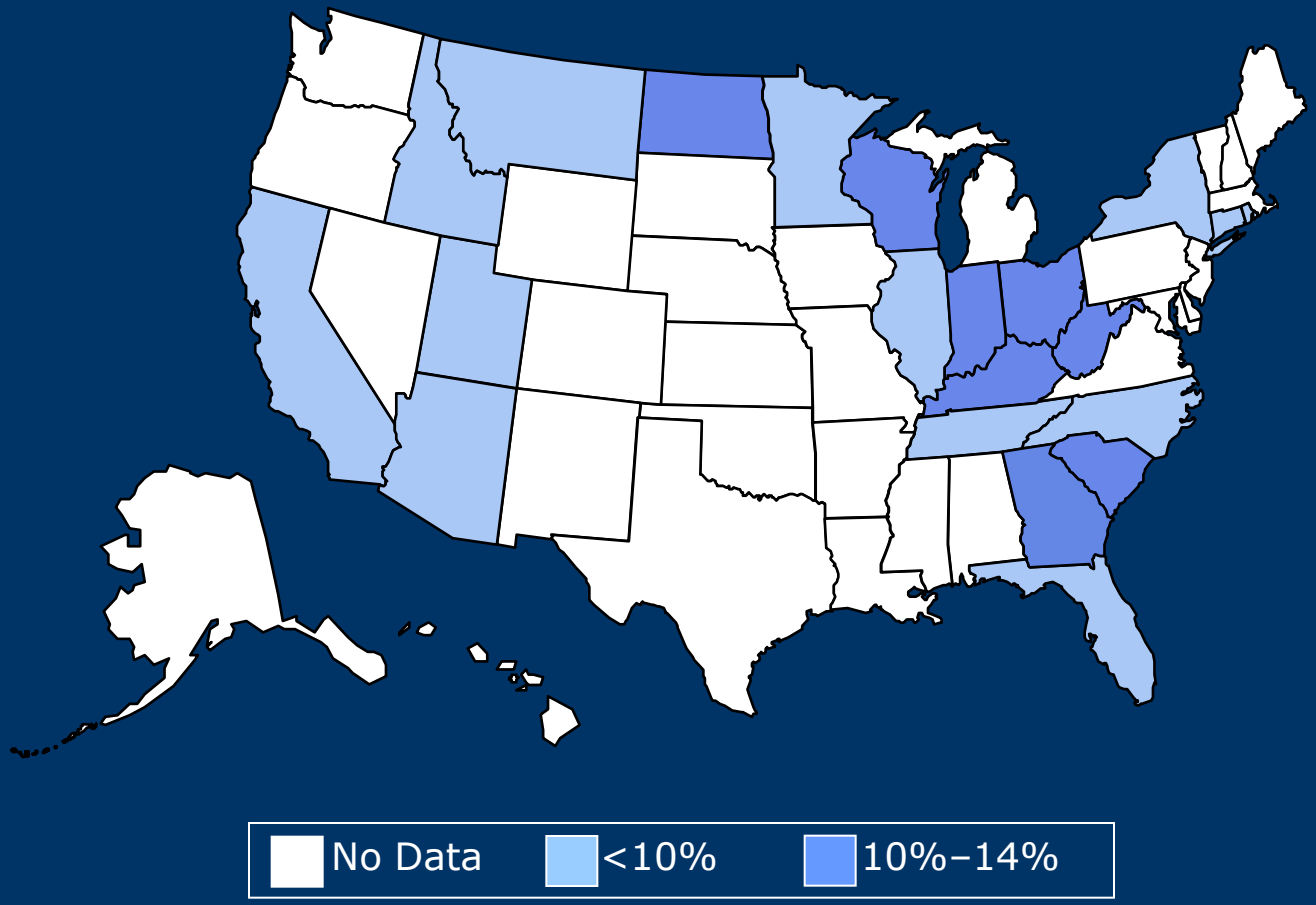


At least 60 minutes of physical activity on most, preferably all, days of the week.

(US Depts. of Health and Human Services and Agriculture, 2005)

Obesity Trends Among U.S. Adults: 1985

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

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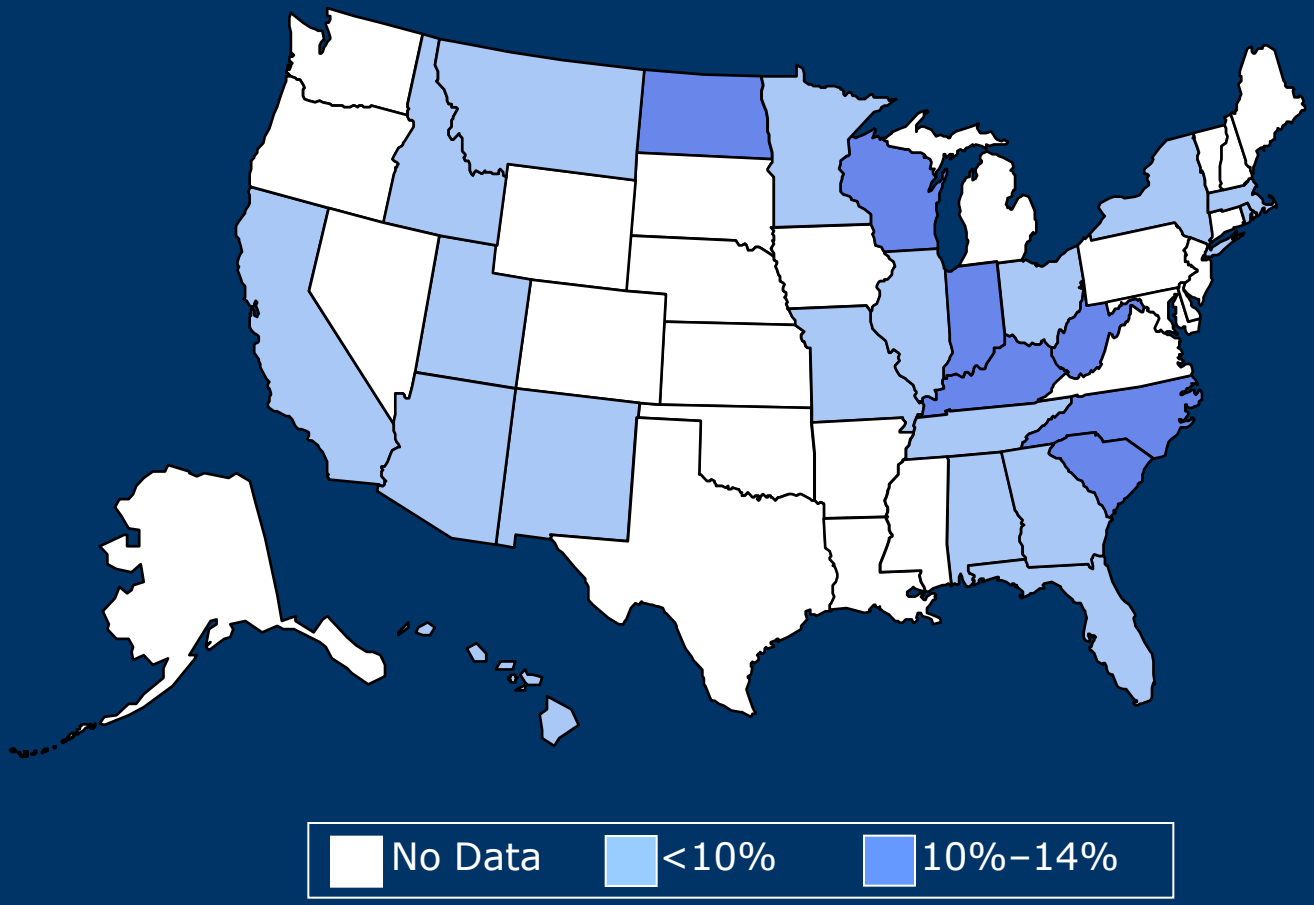

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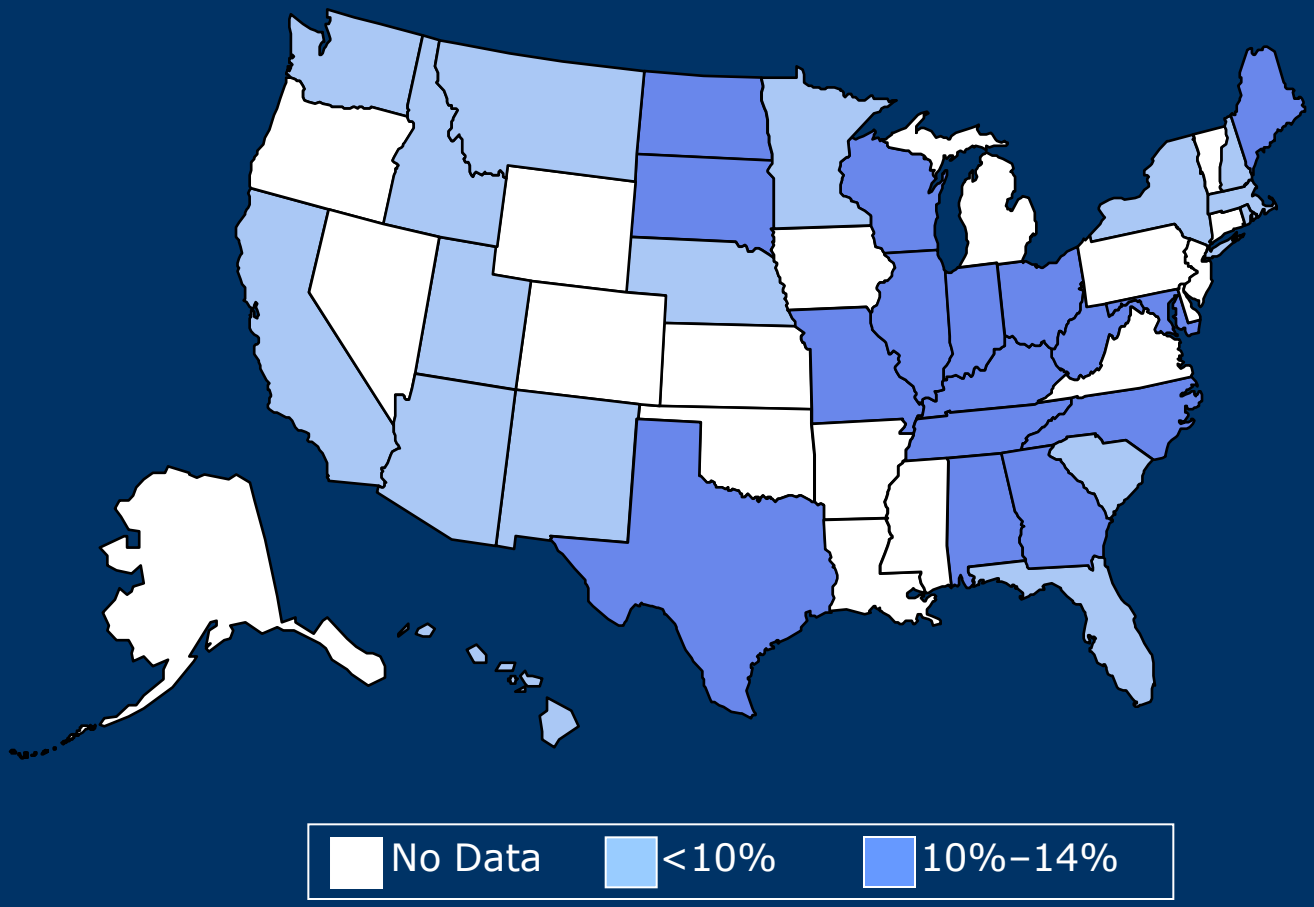

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Obesity Trends Among U.S. Adults: 1988

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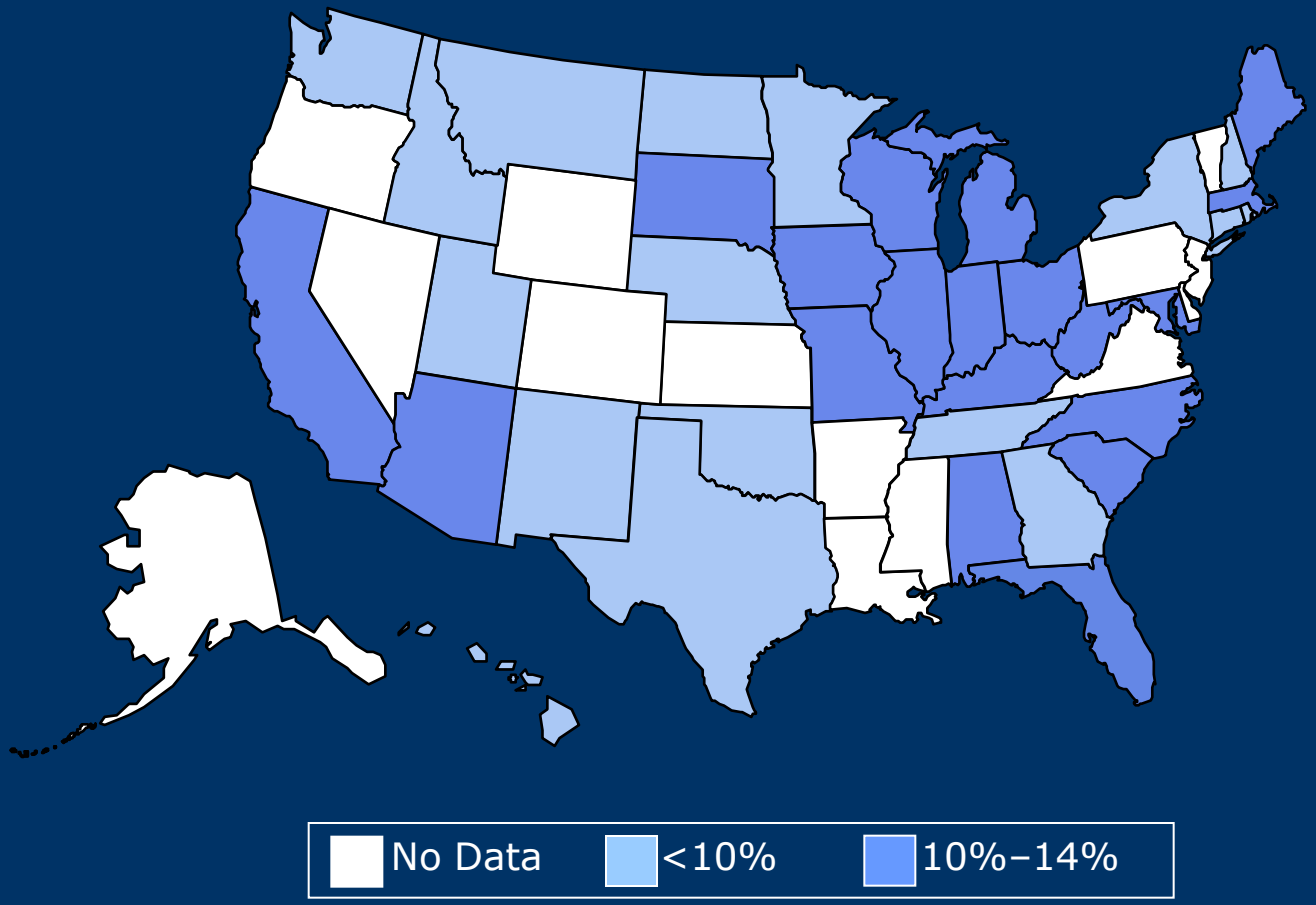

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Obesity Trends Among U.S. Adults: 1989

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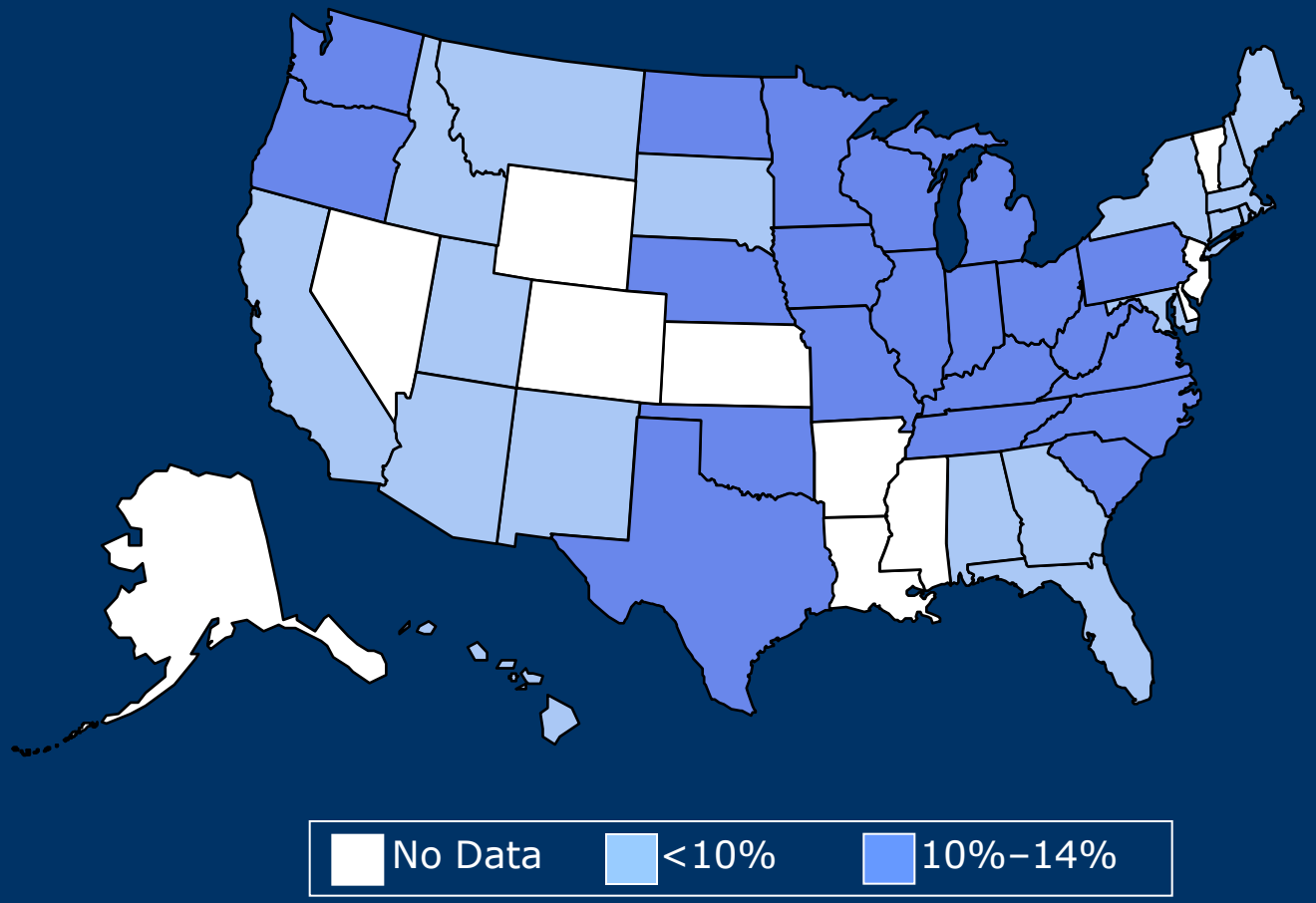

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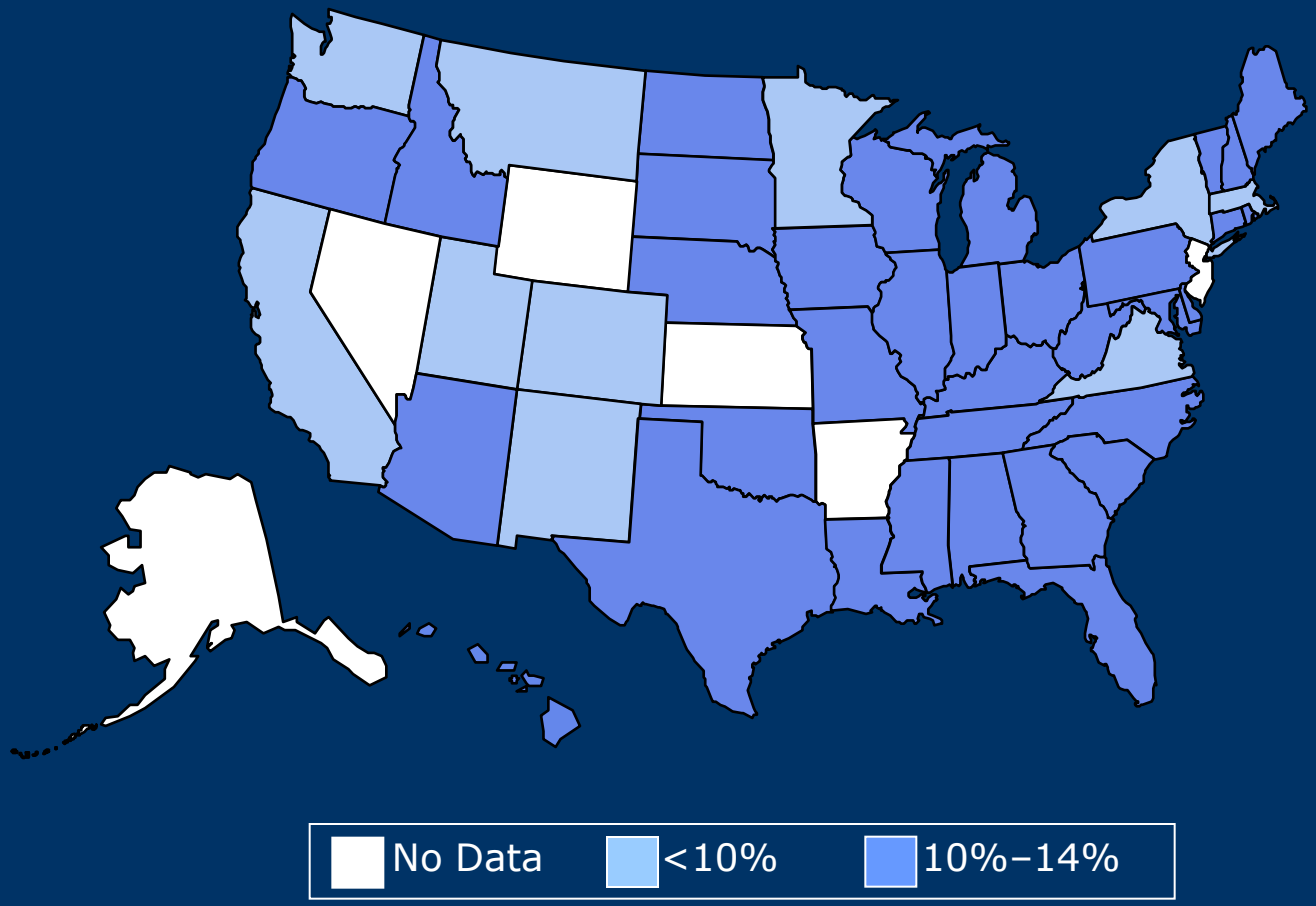

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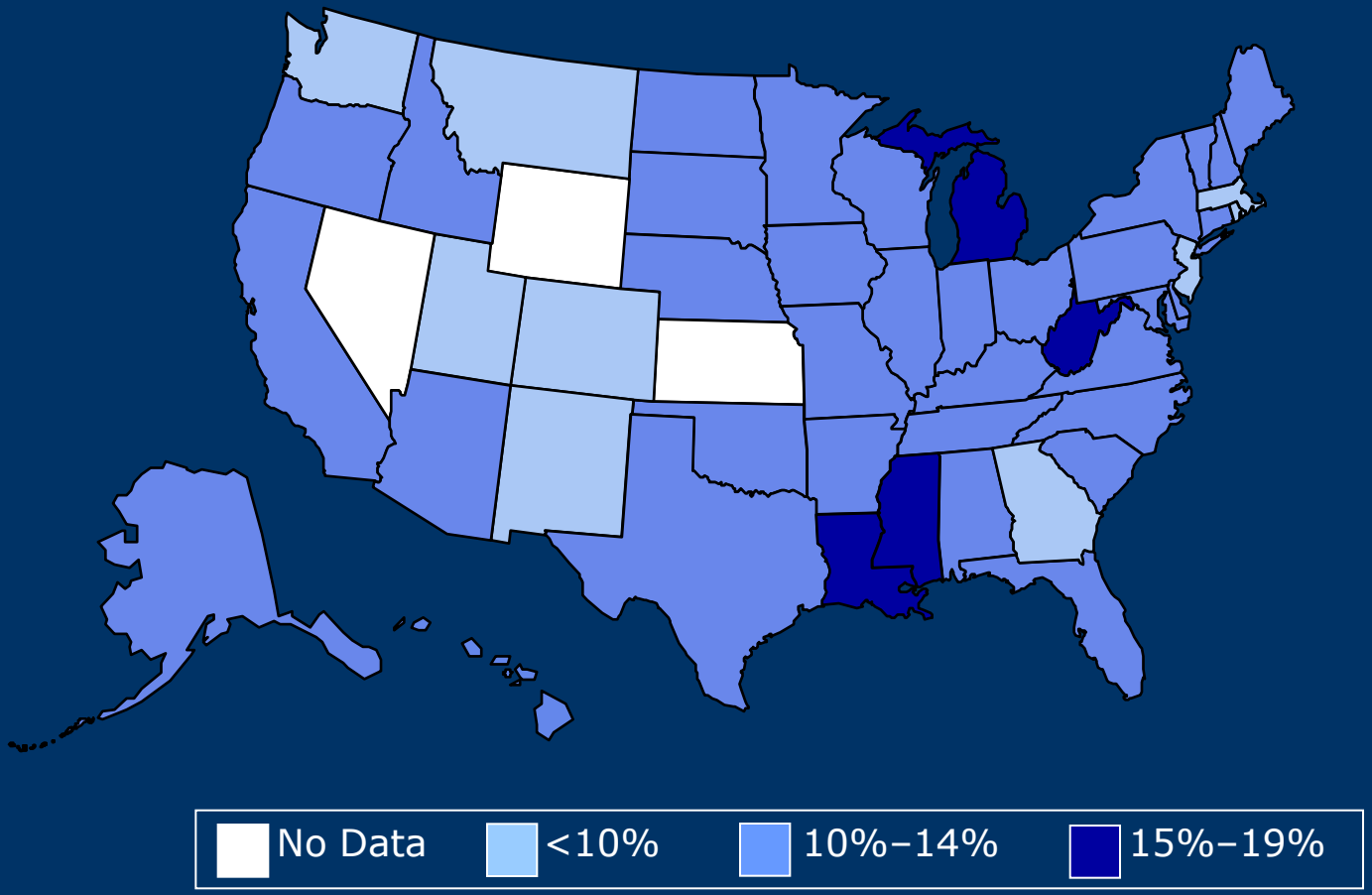

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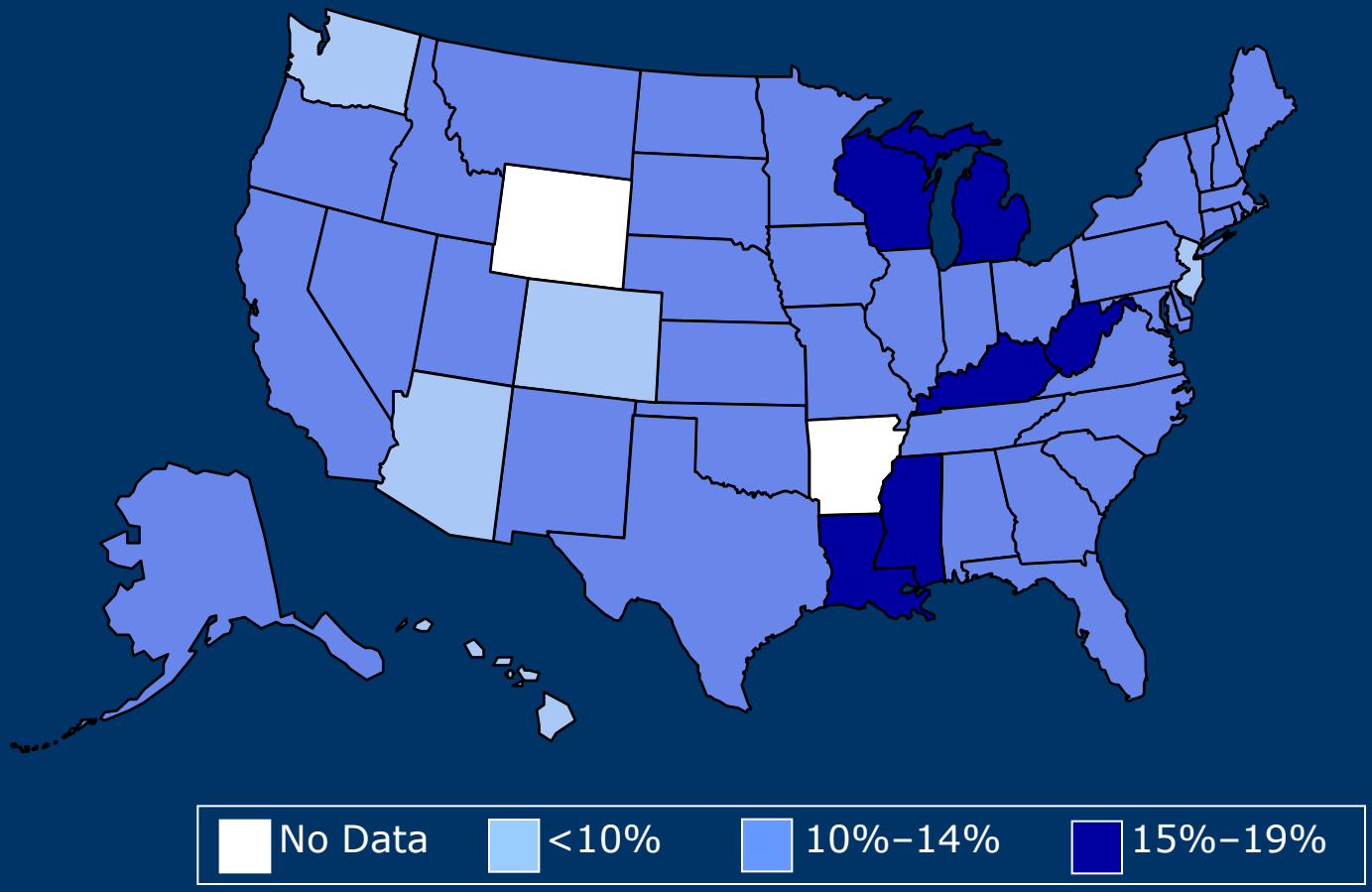

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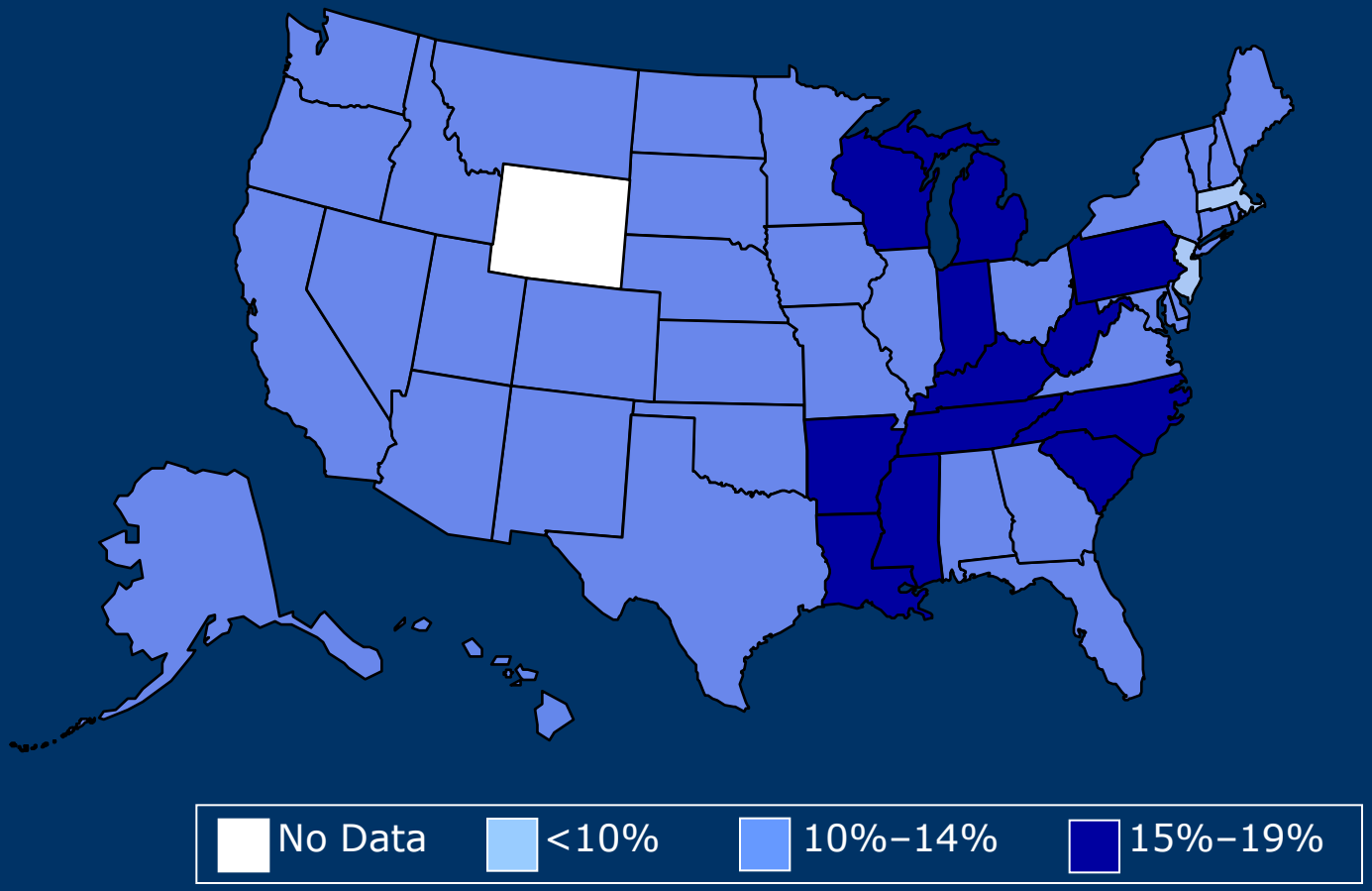

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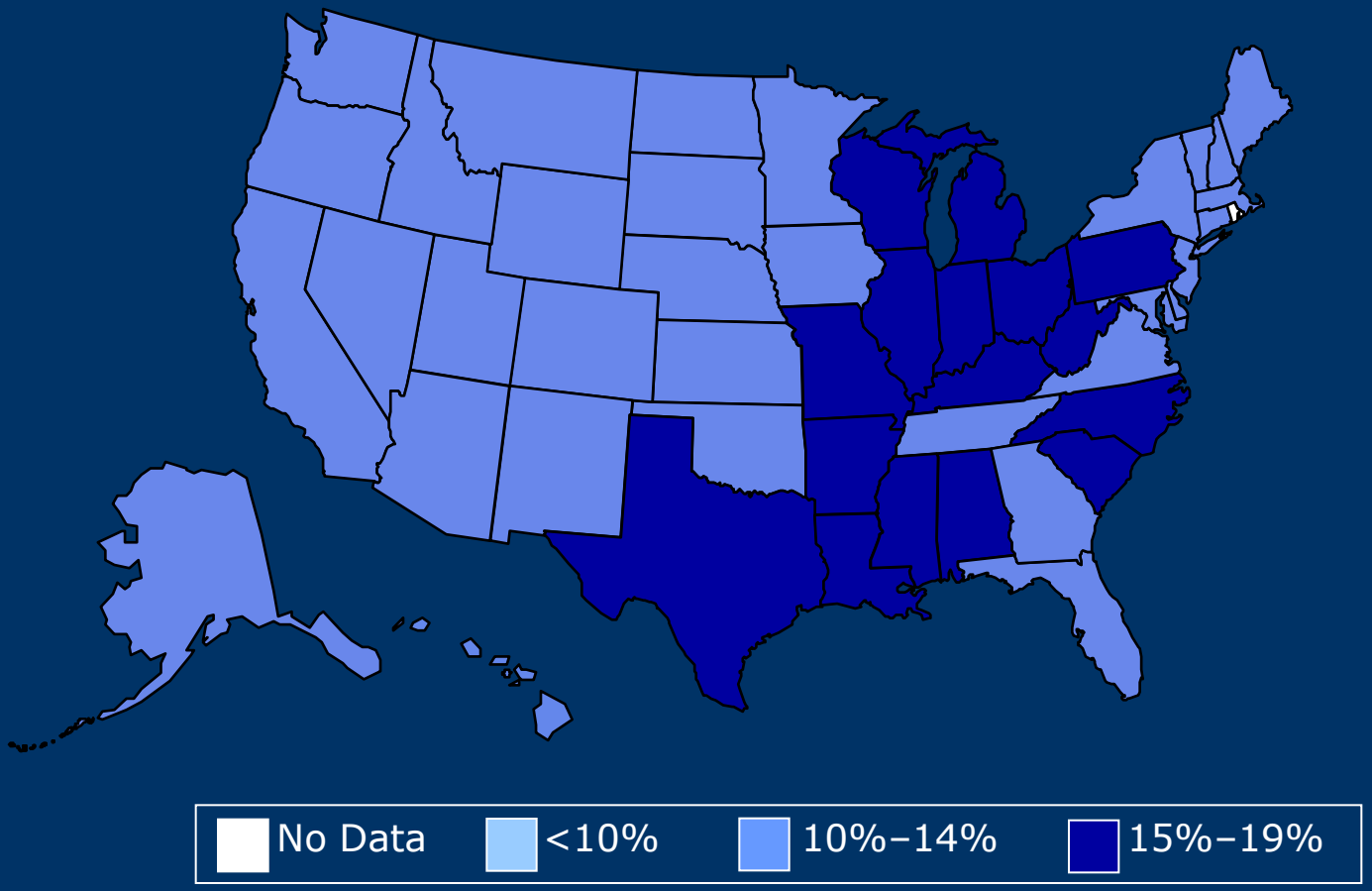

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Obesity Trends Among U.S. Adults: 1995

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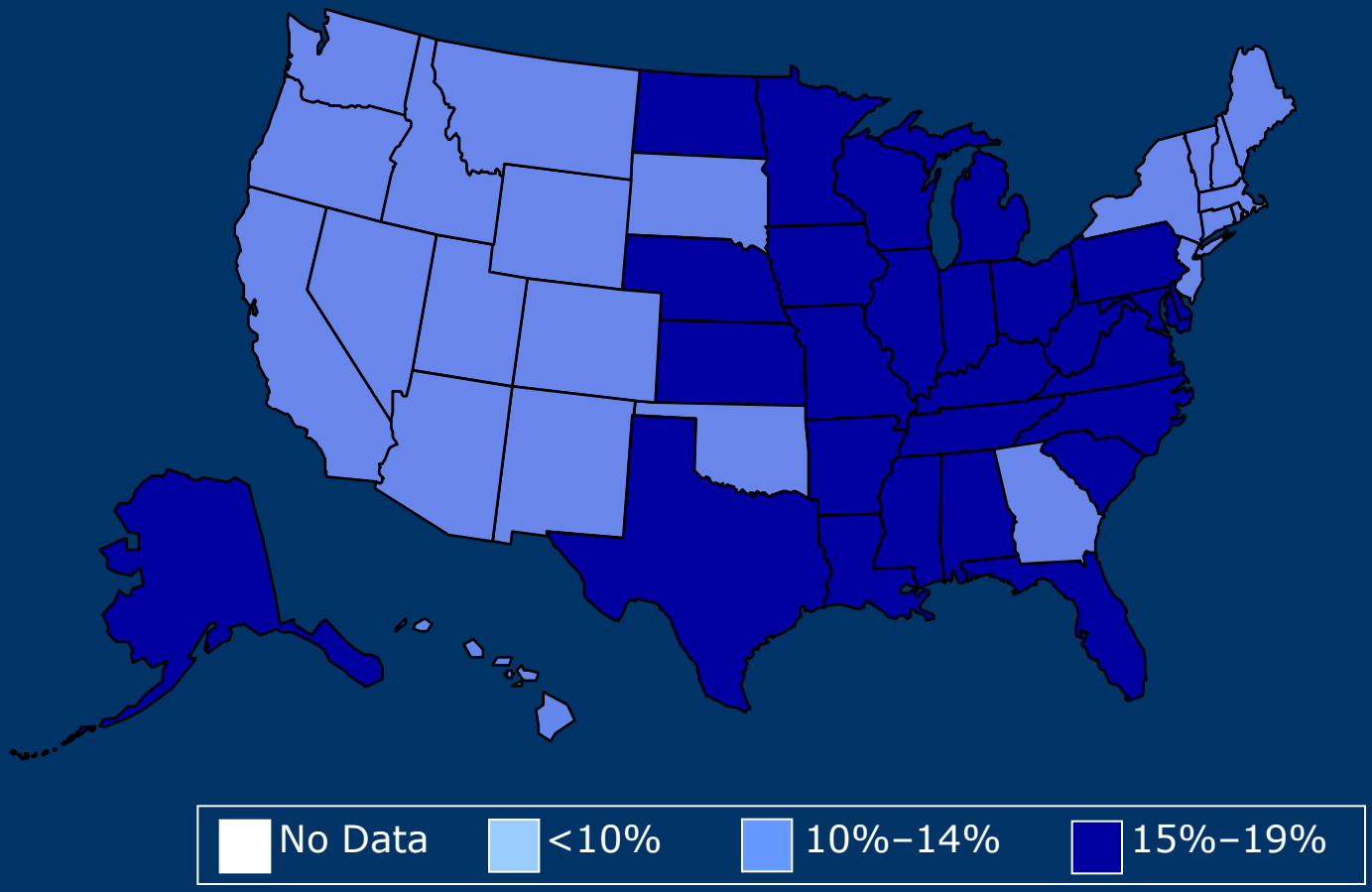

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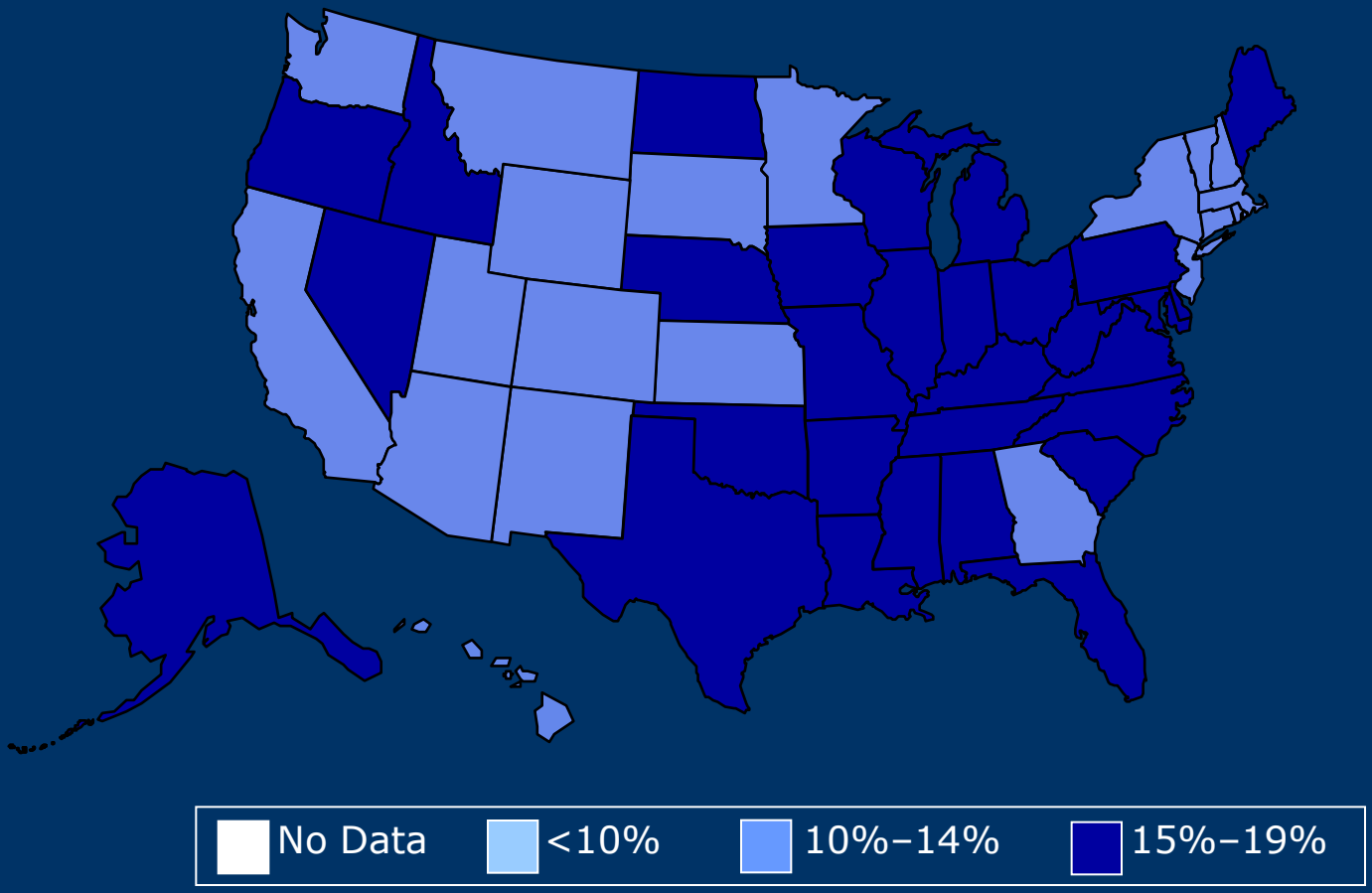

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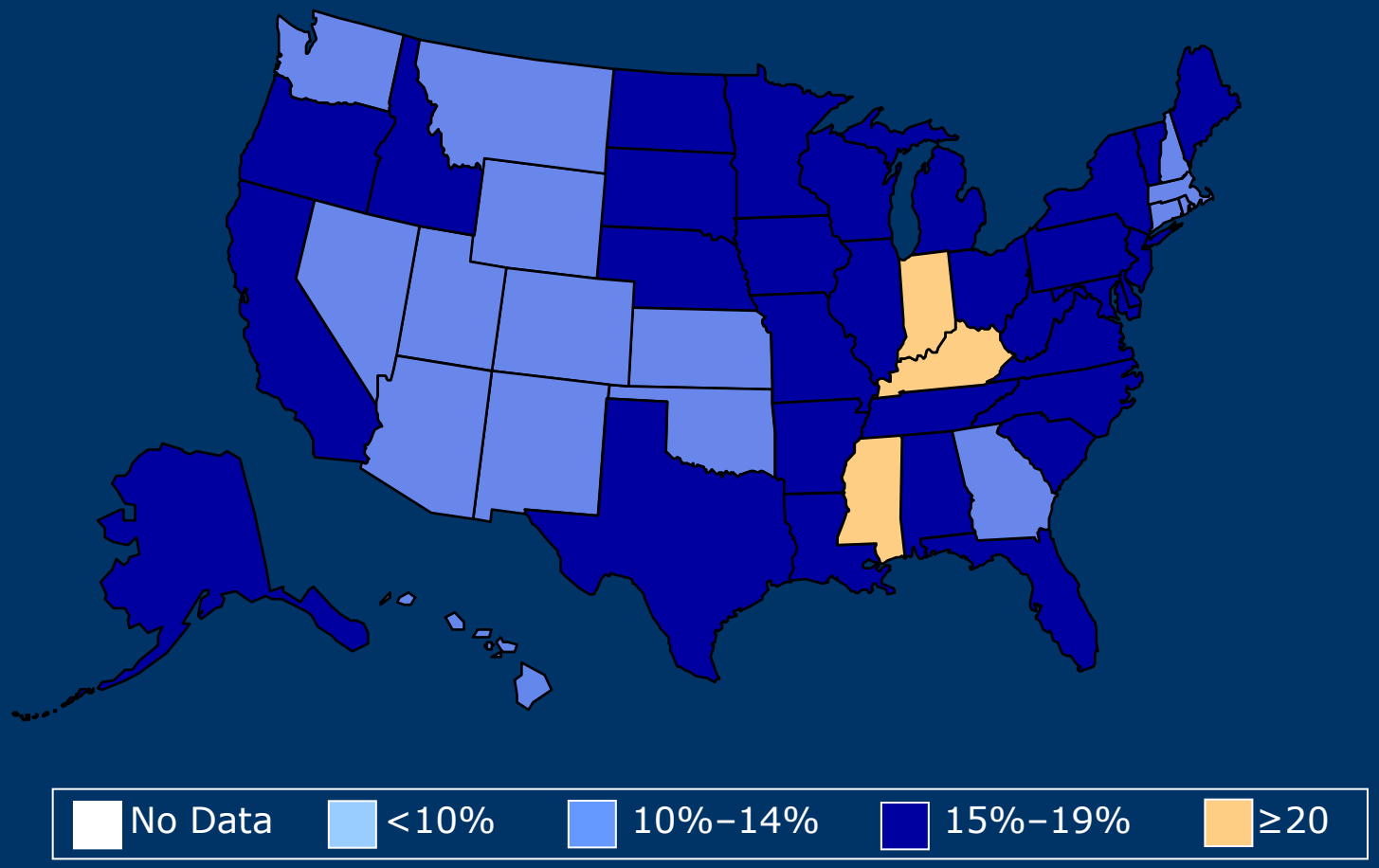

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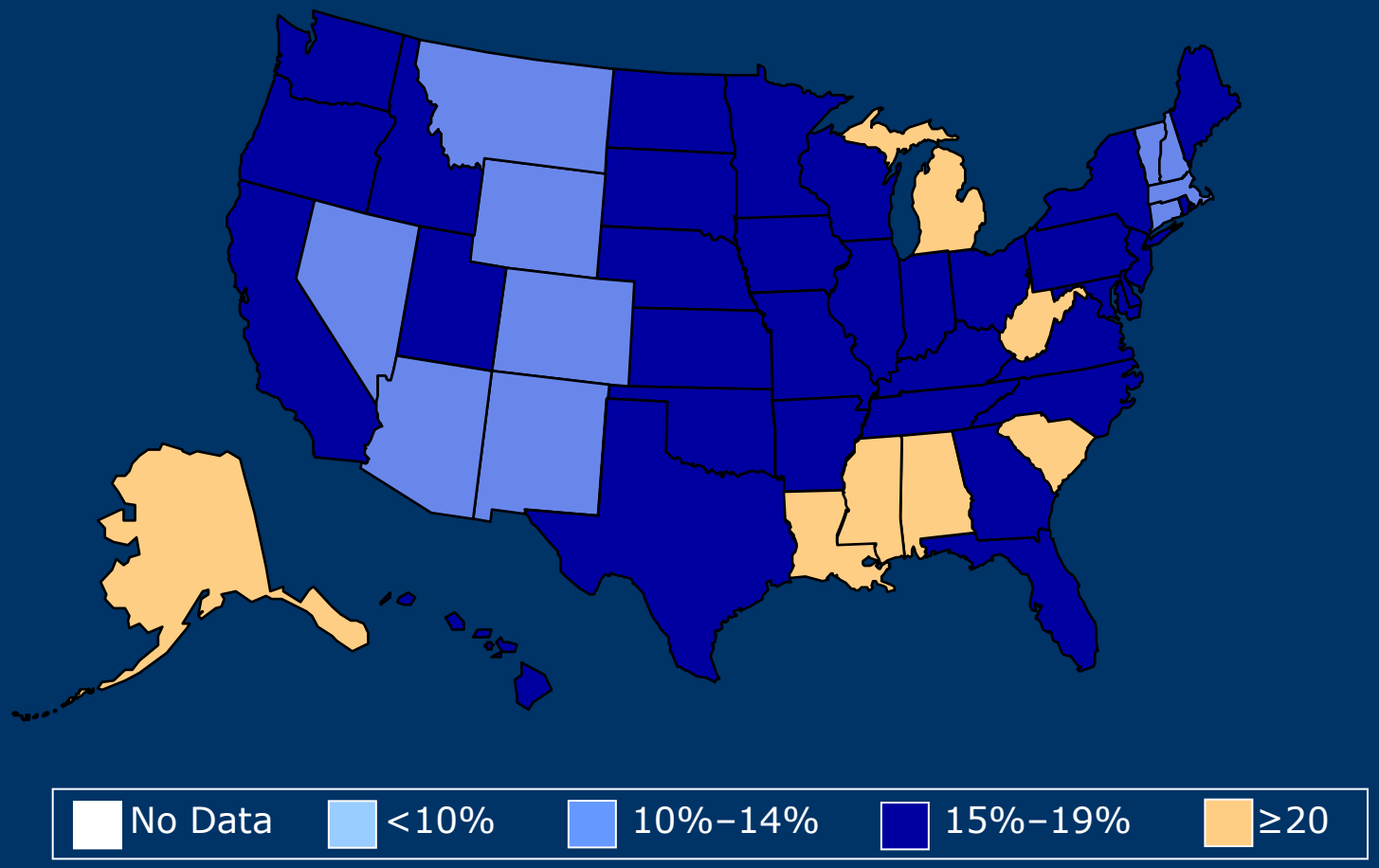

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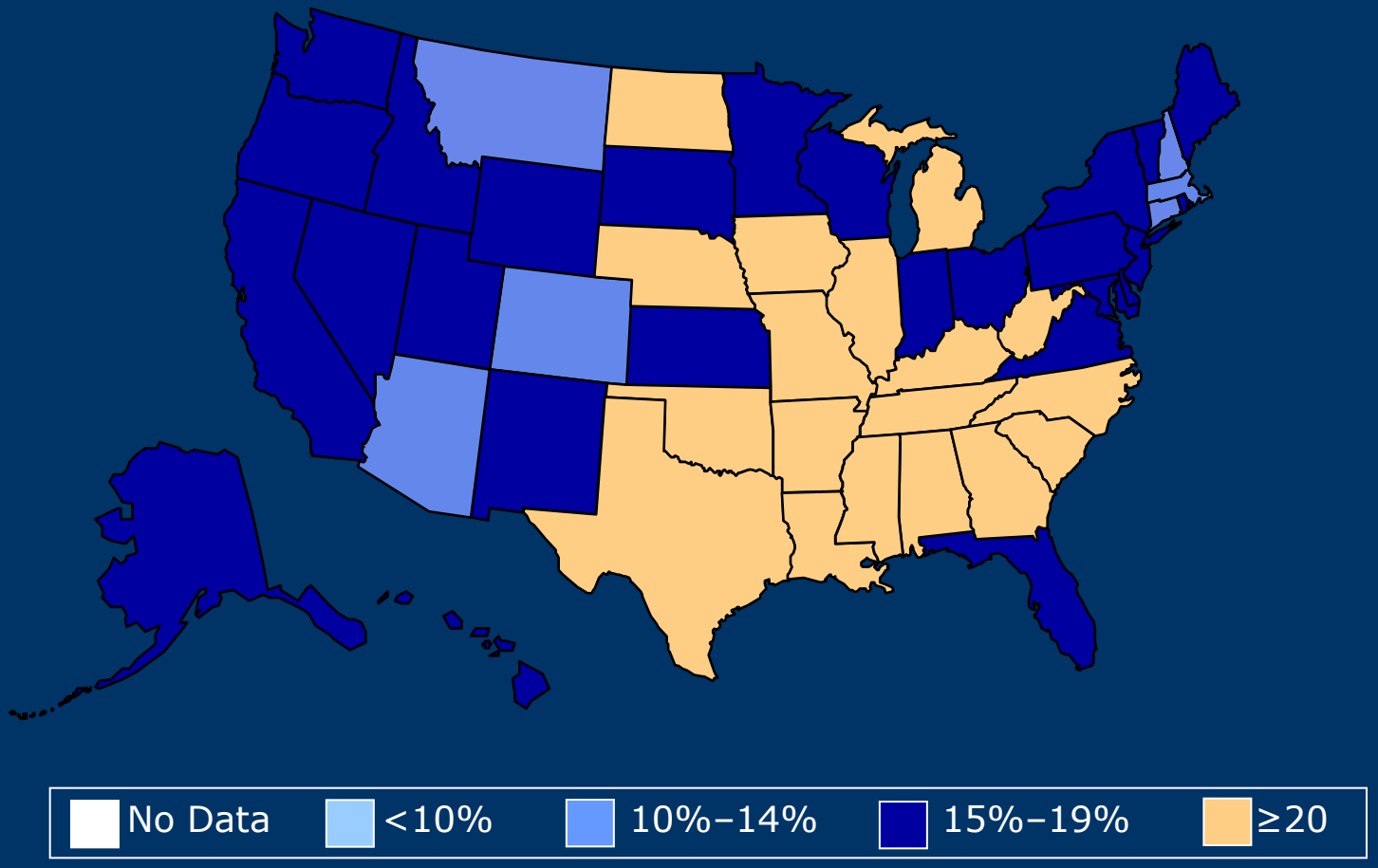

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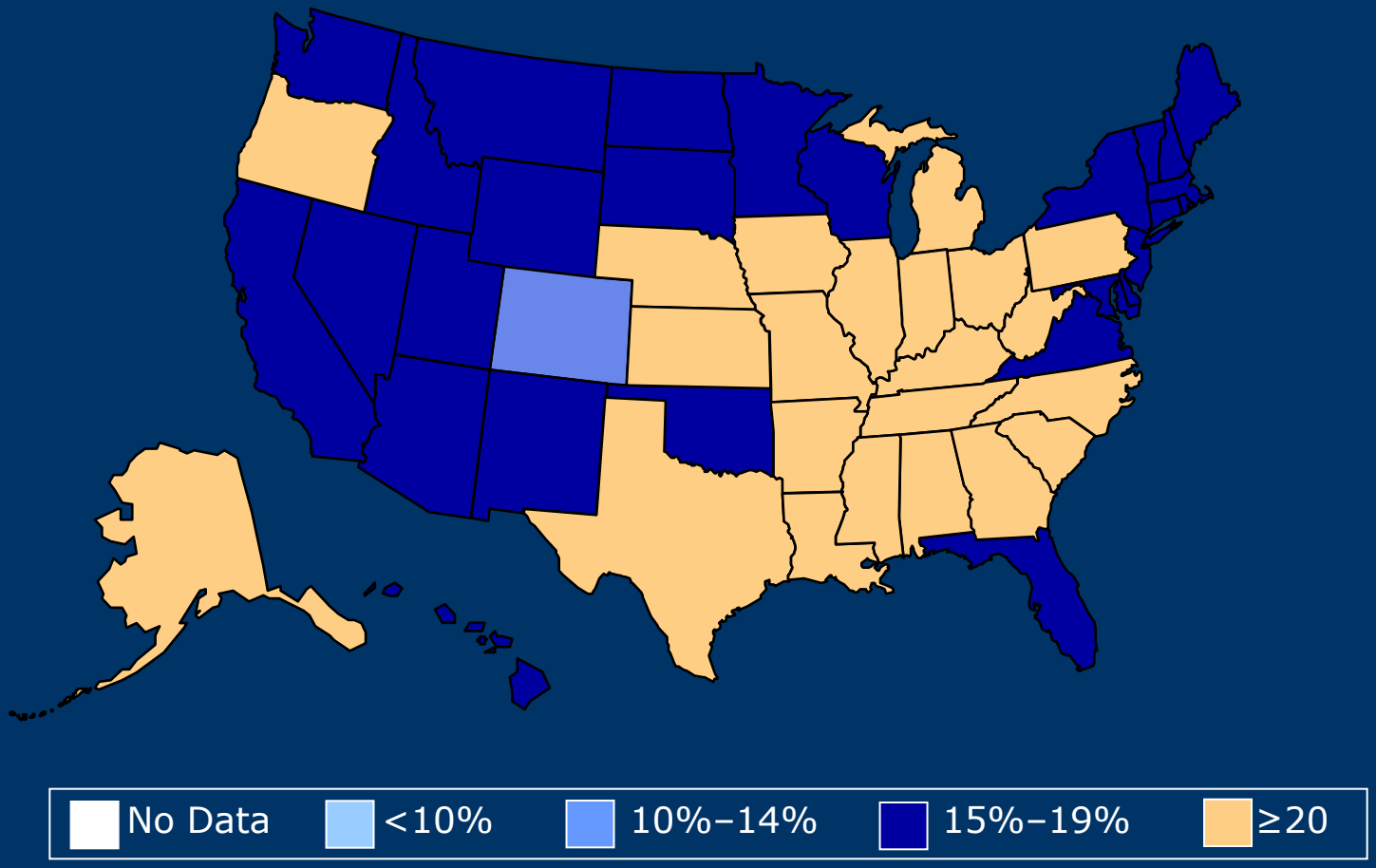

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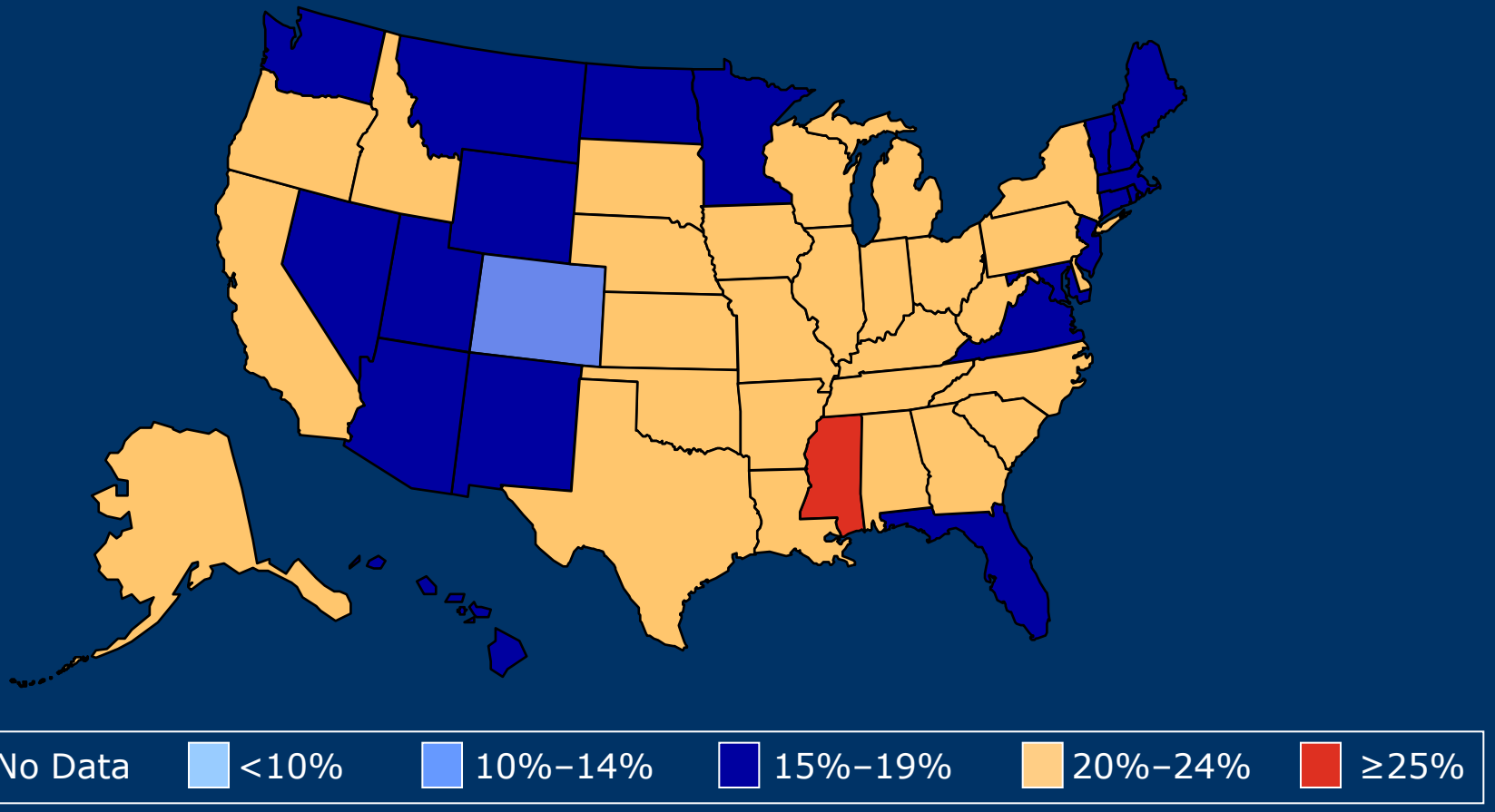

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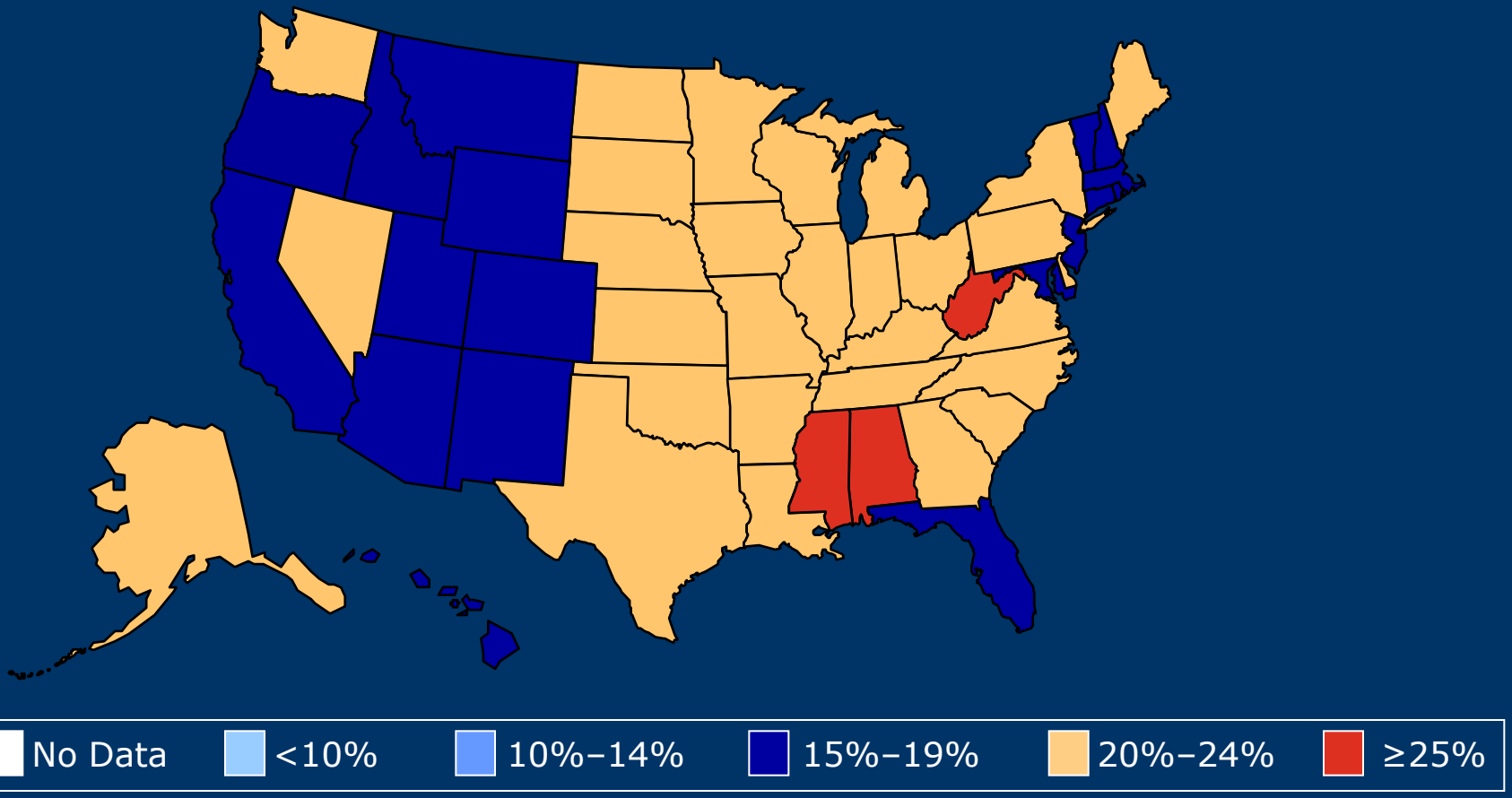

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Obesity Trends Among U.S. Adults: 2003

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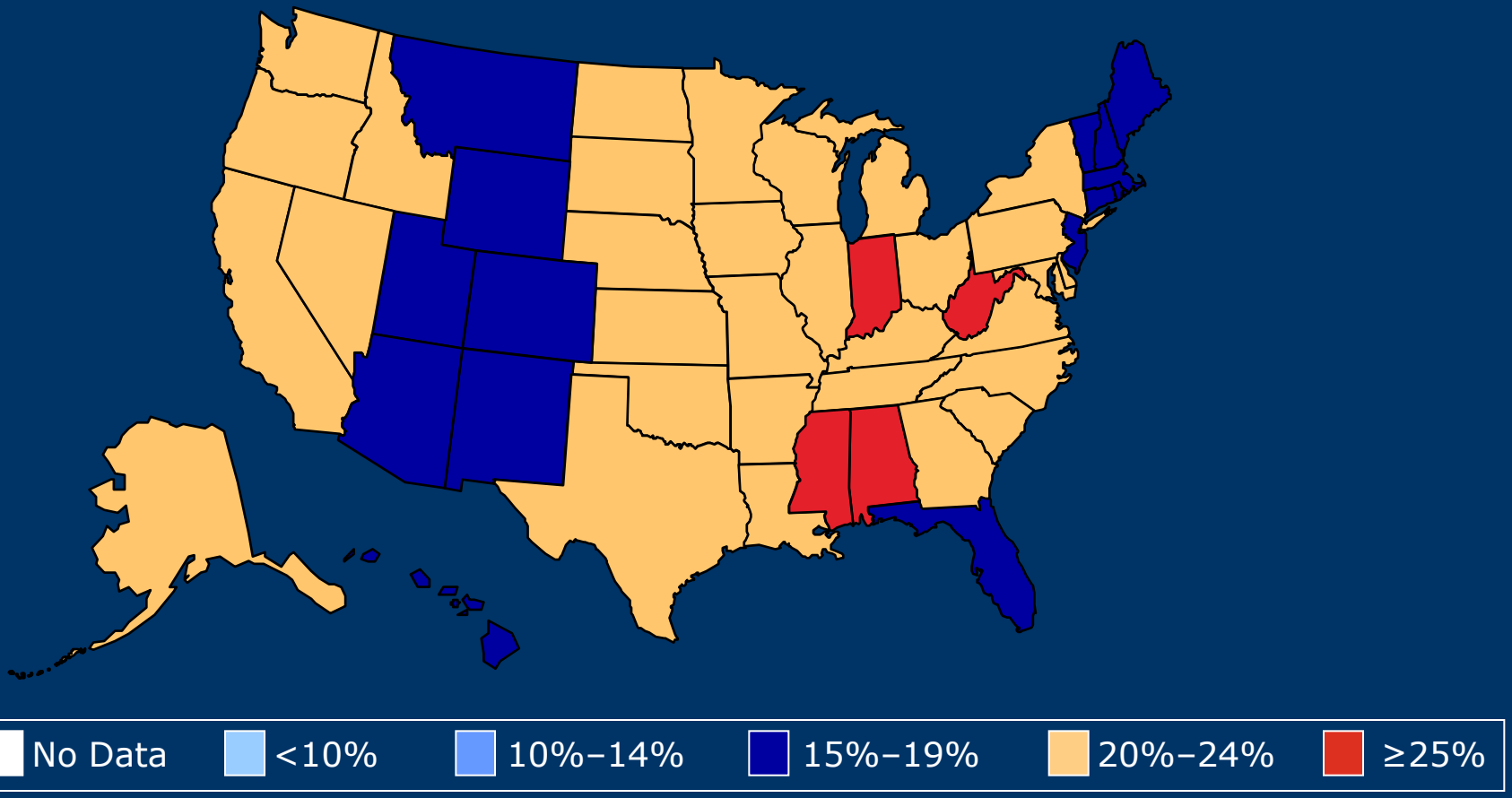

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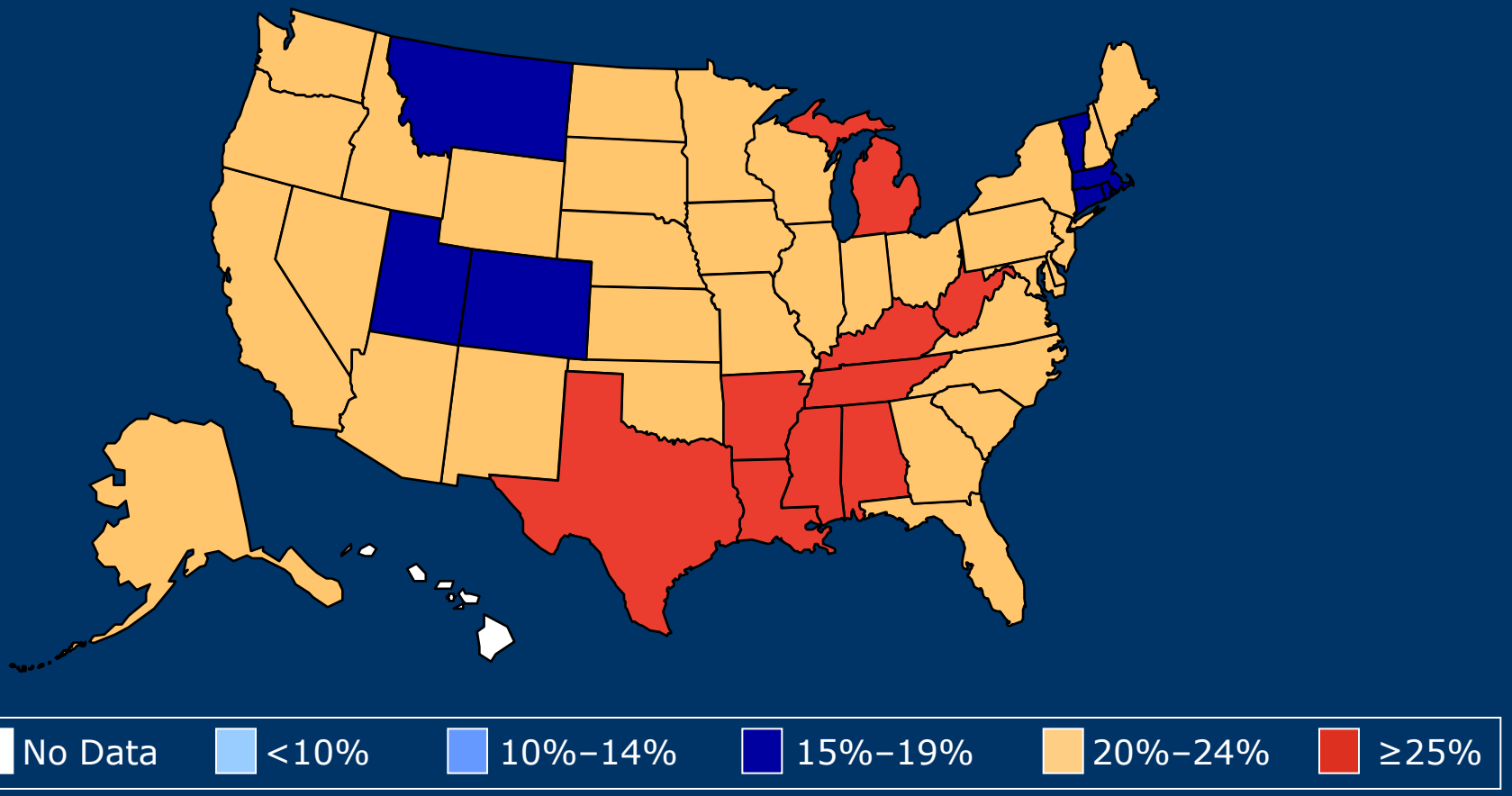

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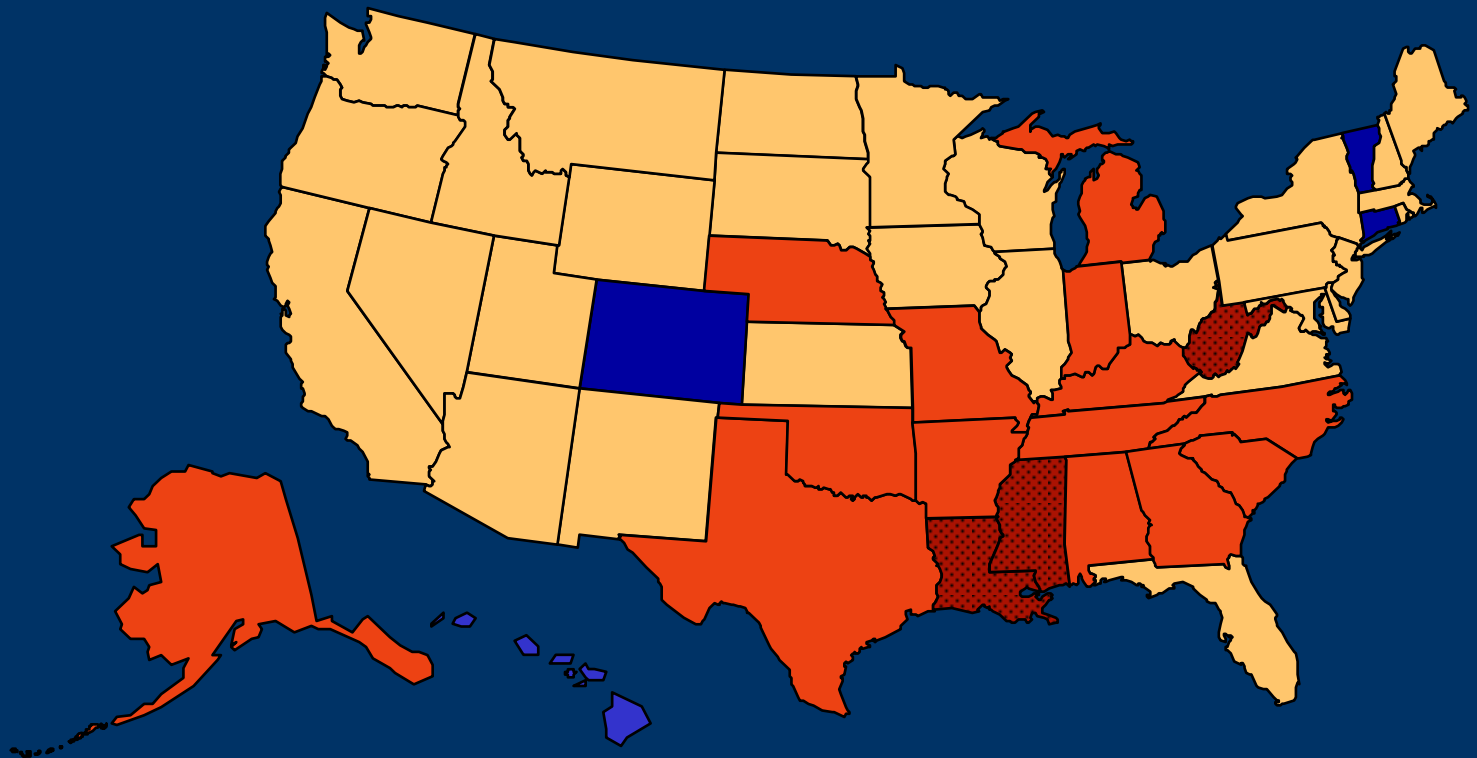

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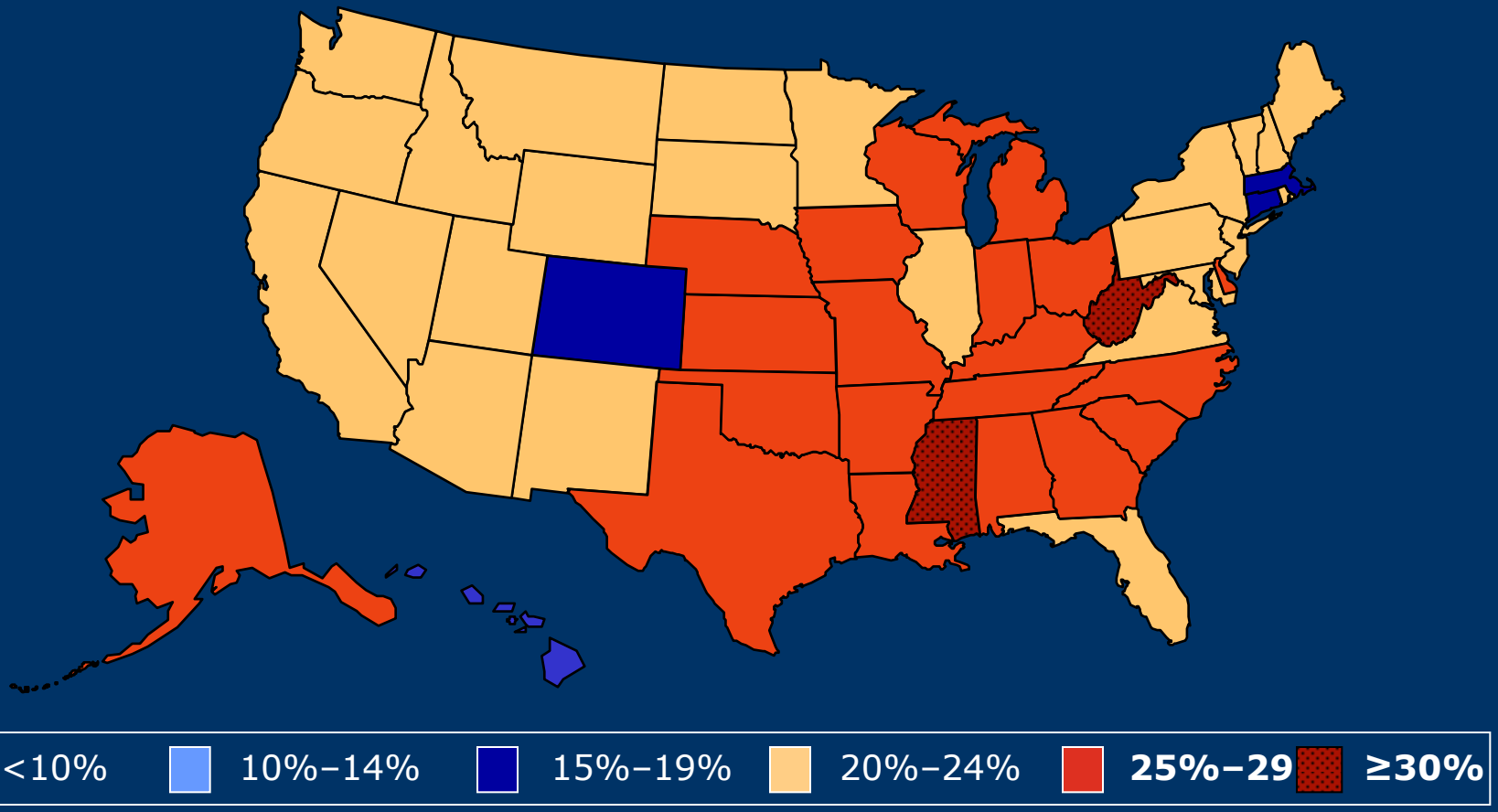

(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 2007

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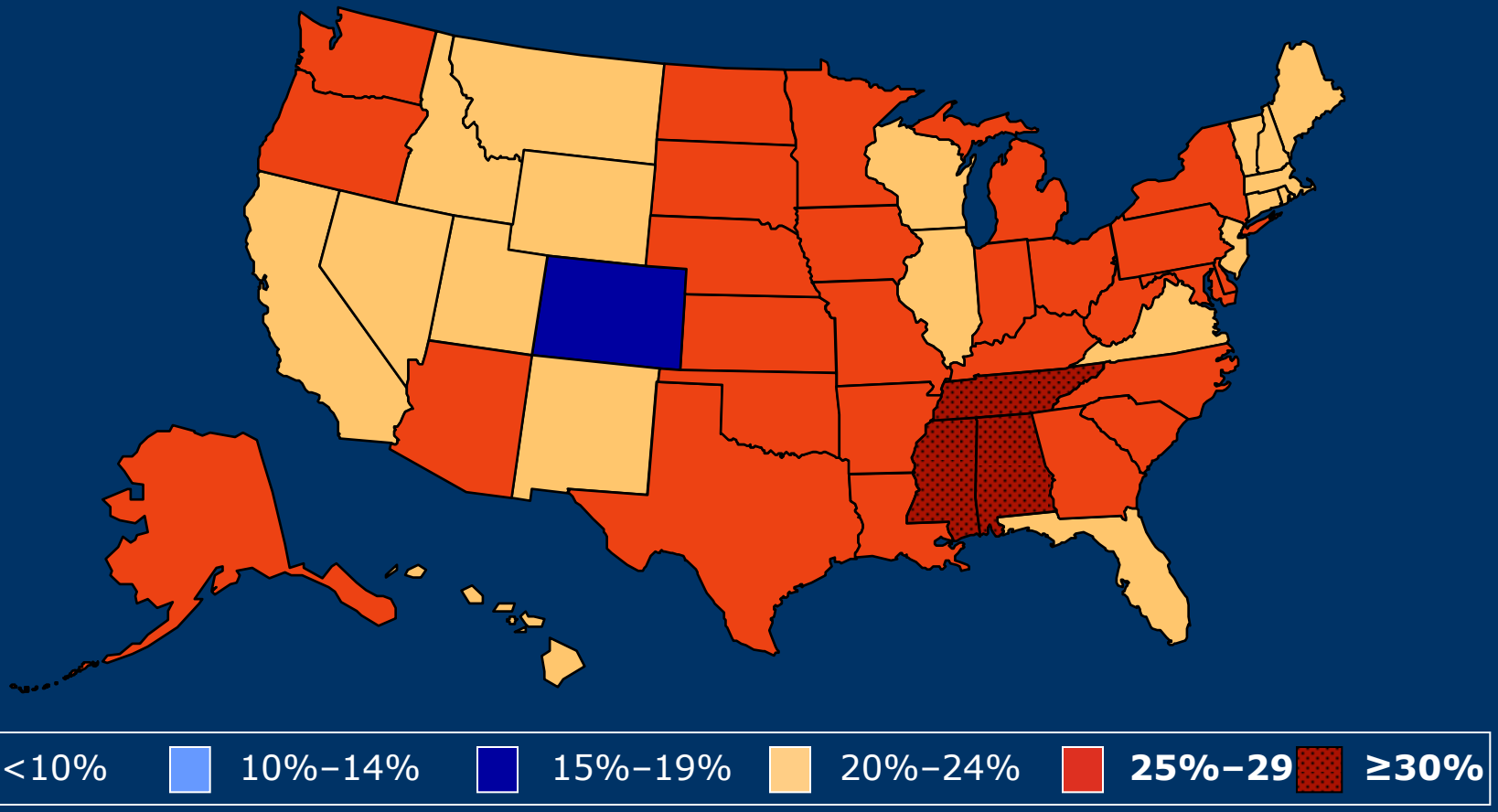

(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 2008

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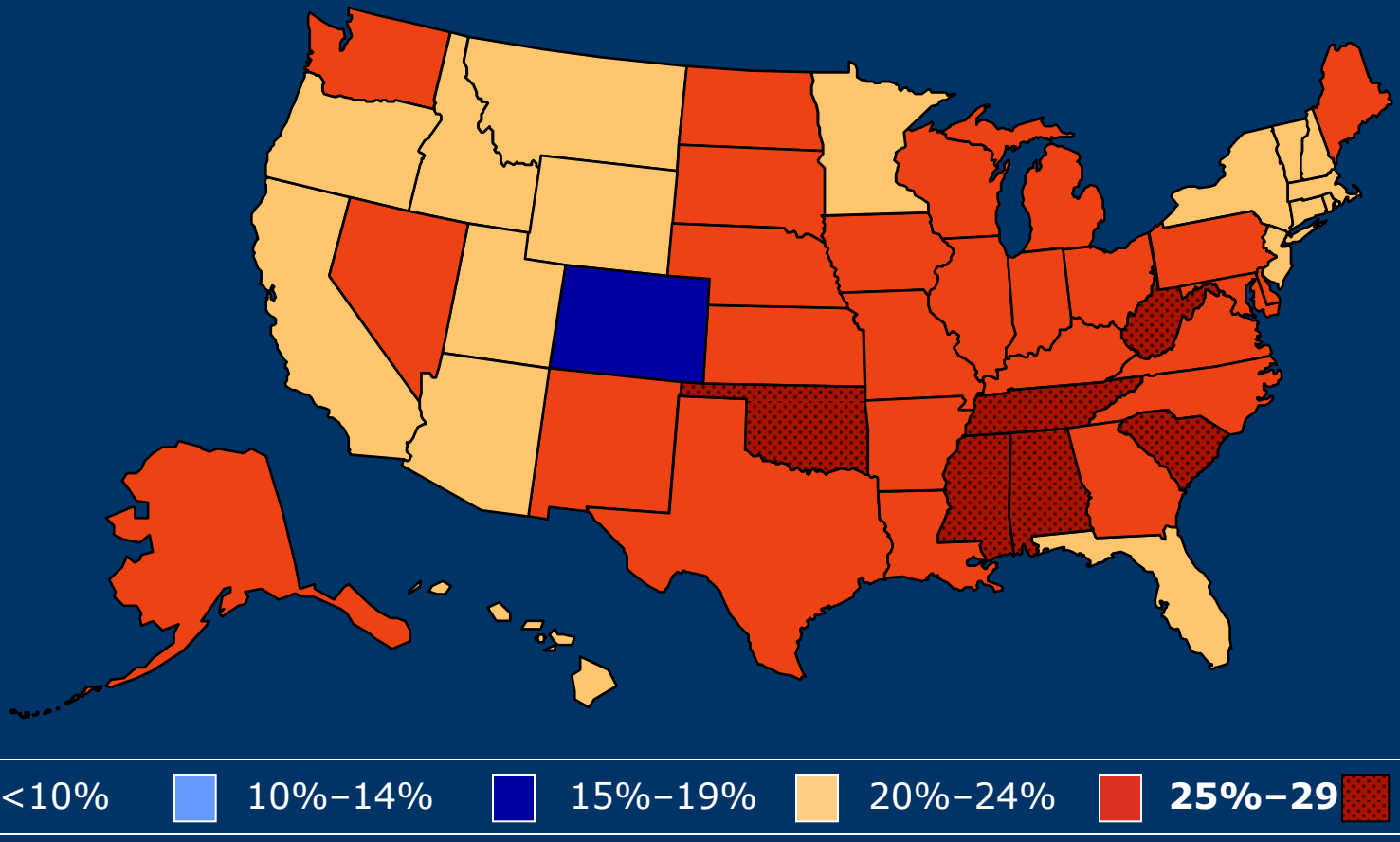

(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 2009

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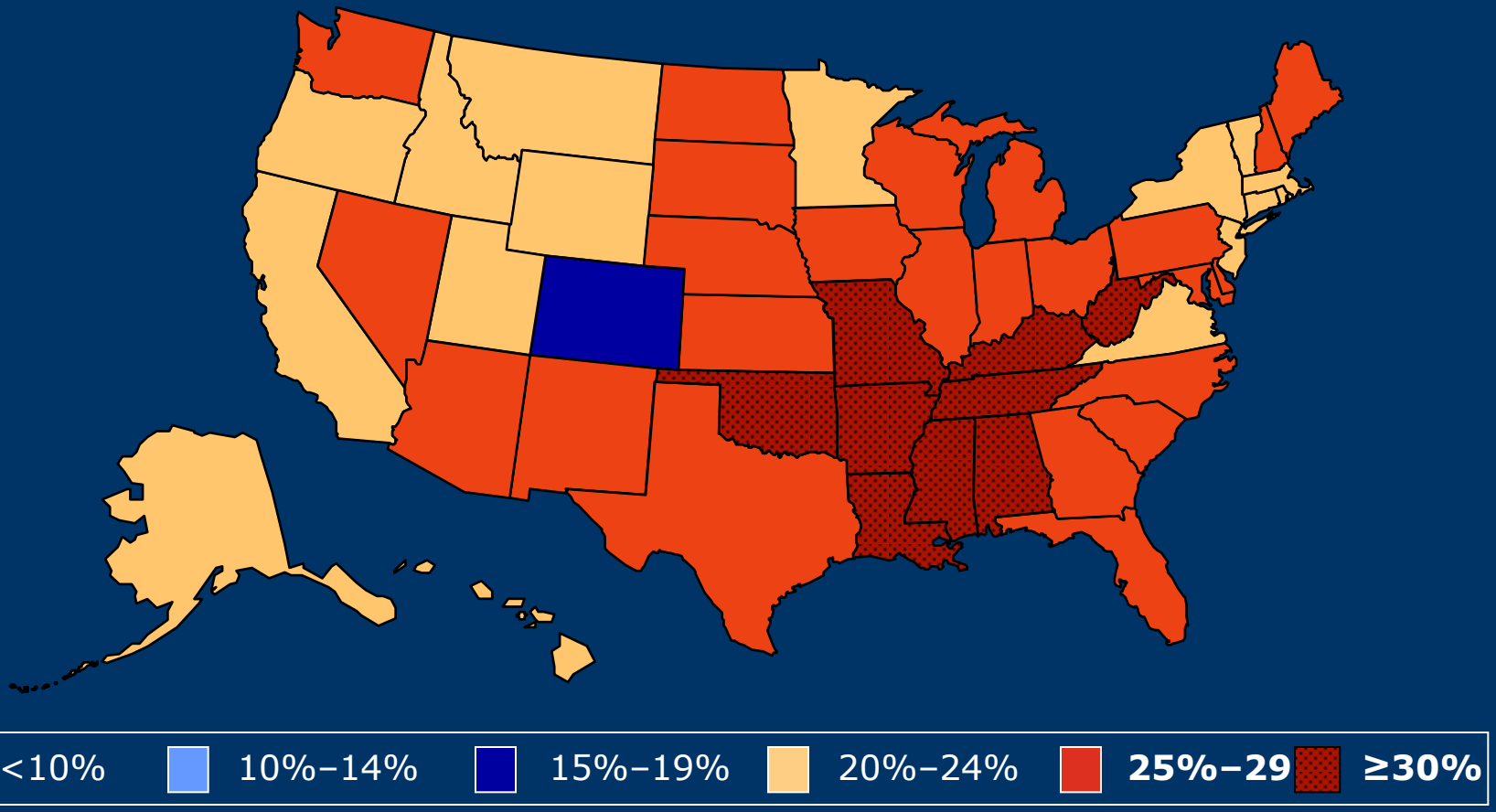


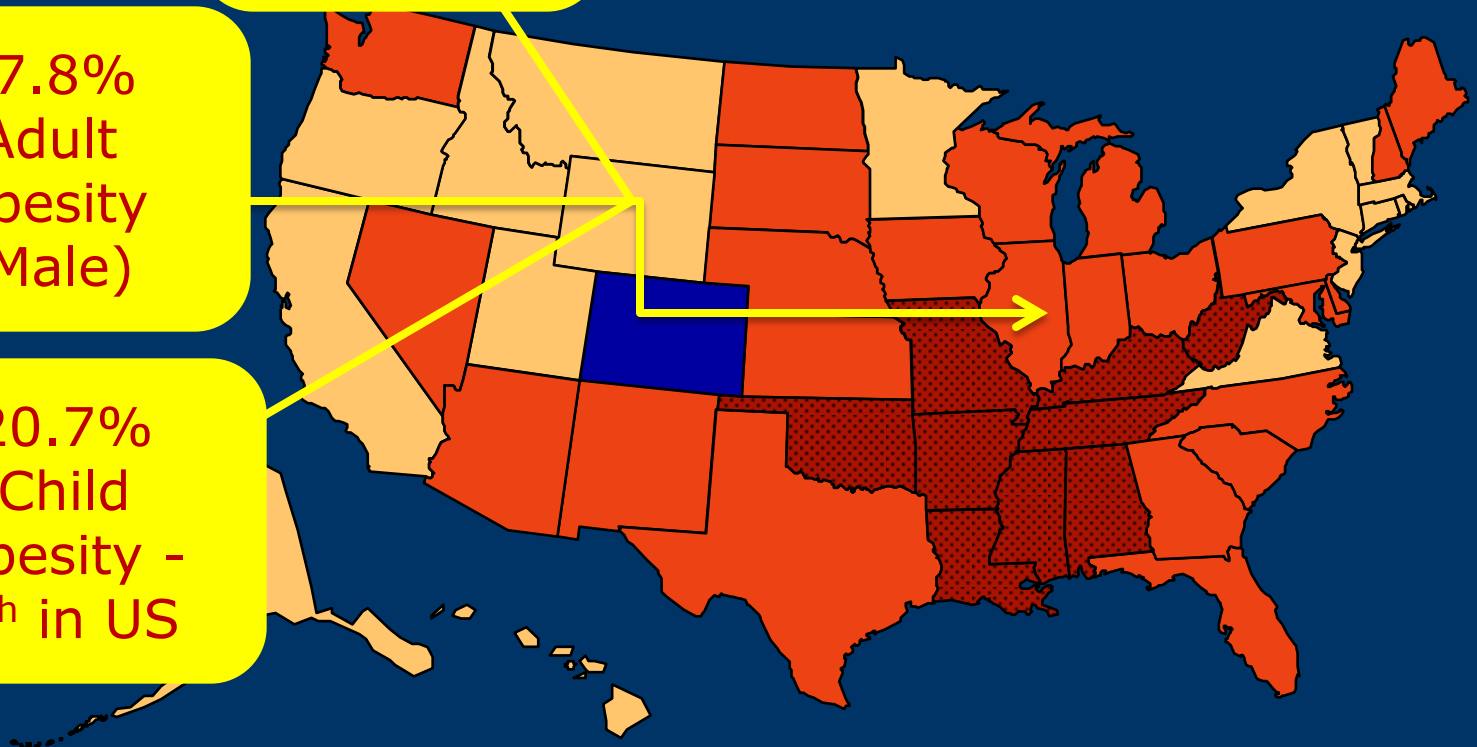
(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Among U.S. Adults: 2009

26.6% Adult Obesity (Overall) - 26th in US

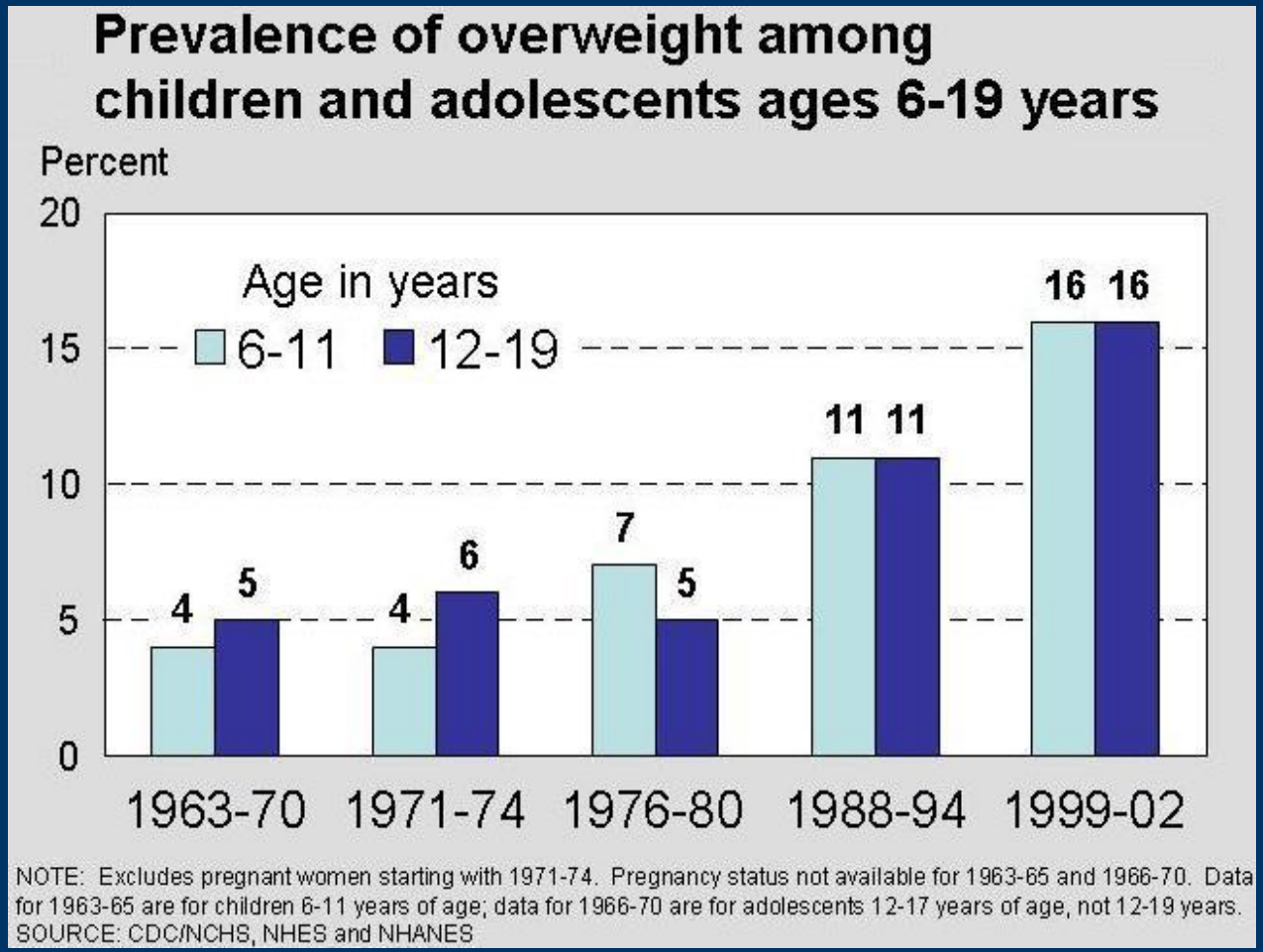
27.8% Adult Obesity (Male)

20.7% Child Obesity - 4th in US



(Behavioral Risk Factor Surveillance System, CDC, 2004)

U.S. youth overweight rates



(National Center for Health Statistics)

Overweight children have an increased risk of…

- Type 2 Diabetes
- Low self esteem
- Aggravated existing asthma
- Sleep apnea
- Decreased physical functioning
- Many other negative emotional & physical effects

(American Academy of Pediatrics, 2005)

Safe Routes to School programs are part of the solution…

…to increase physical activity
…to improve unsafe walking and biking conditions
…to improve poor air quality by reducing vehicle emissions

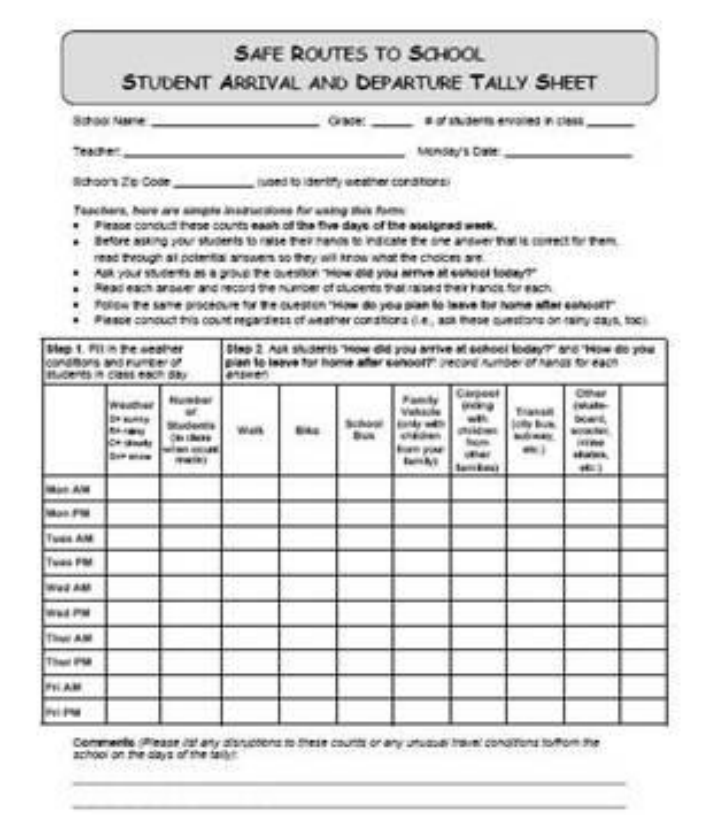
Benefits of SRTS programs

- Reduce the number of children hit by cars
- Reduce congestion around schools
- Improve children's health
- Reduce air pollution
- Can lead to cost savings for schools (reduce need for "hazard" busing)
- Others: improve community security, increase child's sense of freedom, teach pedestrian skills

Elements of Safe Routes to School programs

- Evaluation
- Enforcement
- Education
- Encouragement
- Engineering

Evaluation



SAFE ROUTES TO SCHOOL
STUDENT ARRIVAL AND DEPARTURE TALLY SHEET

School Name: _____ Grade: _____ # of students enrolled in class _____

Teacher: _____ Monday's Date: _____

School's Zip Code _____ (used to identify weather conditions)

Teachers, here are simple instructions for using this form:

- Please conduct these counts **each of the five days of the assigned week.**
- Before asking your students to raise their hands to indicate the one answer that is correct for them, read through all potential answers so they will know what the choices are.
- Ask your students as a group the question "**How did you arrive at school today?**"
- Read each answer and record the number of students that raised their hands for each.
- Follow the same procedure for the question "**How do you plan to leave for home after school?**"
- Please conduct this count regardless of weather conditions (i.e., ask these questions on rainy days, too).

Step 1. Fill in the weather conditions and number of students in class each day			**Step 2.** Ask students "**How did you arrive at school today?**" and "**How do you plan to leave for home after school?**" (record number of hands for each answer)							
	Weather (S= sunny R= rainy C= cloudy S= snow)	Number of Students (to class when count made)	Walk	Bike	School Bus	Family Vehicle (only with children from your family)	Carpool (riding with children from other families)	Transit (city bus, subway, etc.)	Other (skate-board, scooter, inline skates, etc.)	
Mon AM										
Mon PM										
Tues AM										
Tues PM										
Wed AM										
Wed PM										
Thur AM										
Thur PM										
Fri AM										
Fri PM										

Comments *(Please list any disruptions to these counts or any unusual travel conditions to/from the school on the days of the tally):*

_____

_____

SURVEY ABOUT WALKING AND BIKING TO SCHOOL
- FOR PARENTS -

Dear Parent or Caregiver,

Your child's school wants to learn your thoughts about children walking and biking to school. This survey will take about 10 - 15 minutes to complete. We ask that each family complete only one survey per school your children attend. If more than one child from a school brings a survey home, please fill out the survey for the child **with** the next birthday from today's date.

After you have completed this survey, send it back to the school with your child or give it to the teacher. Your responses will be kept confidential and neither your name nor your child's name will be associated with any results. Thank you for participating in this survey!

These first few questions gather some general and background information.

1. What is the grade of the child who brought home this survey? (K = 0) _____ grade
2. Is the child who brought home this survey male or female? ☐ MALE ☐ FEMALE
3. How many children do you have in Kindergarten through 8th grade? _____ children
4. What is your ZIP Code? (*please provide ZIP +4 if known*) _____ ZIP code
   (note: many utility bills will show your ZIP +4)
5. How far does your child live from school? *(choose one)*
   - ☐ a. less than 1/4 mile
   - ☐ b. 1/4 mile up to 1/2 mile
   - ☐ c. 1/2 mile up to 1 mile
   - ☐ d. 1 mile up to 2 miles
   - ☐ e. More than 2 miles
   - ☐ f. Don't know
6. On most days, how does your child arrive at school and leave for home after school? *(circle one answer per column)*

	Arrive at school	Leave for home
a.	Walk	Walk
b.	Bike	Bike
c.	School Bus	School Bus
d.	Family vehicle (only with children from your family)	Family vehicle (only with children from your family)
e.	Carpool (riding with children from other families)	Carpool (riding with children from other families)
f.	Transit (city bus, subway, etc.)	Transit (city bus, subway, etc.)
g.	Other (skateboard, scooter, inline skates, etc.)	Other (skateboard, scooter, inline skates, etc.)

Page 1 of 2

- Assess needs
- Measure progress
- Direct future efforts

Enforcement

- Increases awareness of pedestrians and bicyclists
- Improves driver behavior
- Helps children follow traffic rules
- Decreases parent perceptions of danger

Education

- Teaches safety skills
- Creates safety awareness
- Fosters life-long safety habits
- Includes parents, neighbors and other drivers

Encouragement

Increases popularity of walking and biking

Is an easy way to start SRTS programs

Emphasizes fun of walking and biking

Engineering

Creates safer settings for walking and biking

Can influence the way people behave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